Vancouver metro

Your essential daily news | TUESDAY, DECEMBER 1, 2015

WEATHER WOMEN

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A SPECIAL METRO INVESTIGATION

‘It gave me a reason to live.’

Seven years ago, an innovative program that allowed B.C. women to give birth and live with their babies at a provincial jail was abruptly shut down. In 2013, the B.C. Supreme Court ordered it reopened. Yet today, the beautiful nursery sits empty — and not one of the 26 babies born in the jail has been able to use it.

In the first part of an exclusive series, one woman's rare happy ending.

See pages 8-9

metro NEWS
Your essential daily news

Can you do this? Two-year-old Sophia can name all of nation's new ministers. **Canada**

Food bank concerned over tax perk to stop food waste

FOOD BANK

Influx of donations could be overwhelming

Emily Jackson
Metro | Vancouver

The Greater Vancouver Food Bank is concerned Metro Vancouver's plan to cut back on food waste could backfire and leave charities with junk food that may be costly to trash.

The concerns stem from the Metro Vancouver regional board's Friday decision to advocate for a federal tax incentive that would encourage grocery stores and restaurants to donate edible food instead of throwing it in the garbage. Municipalities around the country are pitching the tax perk as a way to cut back on the estimated $31 billion worth of food Canadians waste annually.

But Greater Vancouver Food Bank CEO Aart Schuurman Hess worries that the tax incentive could result in companies dumping unhealthy food — say, nearly expired Halloween candy — on food banks that don't have the capacity to handle it. That could lead to extra disposal costs for the food bank, which already spends more than $40,000 per year to get rid of excess food it cannot distribute.

The food bank only has room for 1,100 pallets, which it says are almost always full as they wait for sorting and distribution, but the proposed tax incentive does not consider how food banks would deal with an influx of donations.

Still, Schuurman Hess hates to see healthy food go into the trash — the food bank always needs healthy food donations such as canned beans or tomatoes — and said he would love to see a system where companies get an incentive to donate healthy, nutritious food.

Pears at the Greater Vancouver Food Bank's sorting facility. The Food Bank is concerned that Metro Vancouver's regional board supports a federal tax incentive to encourage food donations. COURTESY GREATER VANCOUVER FOOD BANK

> **We are just concerned we'll end up with more products that we don't want to distribute and should not distribute ... Marshmallows are not a solution.**
> Aart Schuurman Hess

He's a huge advocate for recovering "cosmetically incorrect" food such as funny-looking vegetables that stores can't sell, and is working to increase the food bank's capacity to process such items into soups or sauces.

Metro Vancouver listened to the food bank's concerns and will do more outreach and consultation on exactly what the tax incentive should look like. Schuurman Hess is pleased to be invited to participate.

The food bank will advocate that companies must donate healthy food to get any tax incentive. It will also suggest farmers get a tax incentive for selling ugly produce that major chains won't buy.

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DR. PETER CENTRE

Treatments proven to suppress virus

Tereza Verenca
Metro | Vancouver

New data suggests HIV patients treated at Vancouver's Dr. Peter Centre have been able to better suppress the virus than their provincial and health authority counterparts.

As of June 30, 2015, 80 per cent of the 359 clients who access the centre's day program reported a suppressed HIV viral load — a very low level of the virus in the blood, which ultimately improves health, eliminates the chance of succumbing to AIDS and lessens the risk of transmitting HIV by 96 per cent. Across B.C., however, only 57 per cent of people with HIV were virally suppressed, and within the Vancouver Coastal heath authority, only 69 per cent.

"It's a really good news story," said Maxine Davis, the centre's executive director.

Davis credits the success to the organization's wholesome approach, which includes food and nutrition, compassionate nursing care, counselling and various therapies, like its art and recreation programs. Equally important, she added, are the showers and laundry facilities on site.

"It's a safe, comfortable and therapeutic environment to spend quality time with peers and professional staff," she said. "It's a milieu that is actually conducive to people feeling cared about."

The achievement is even more remarkable, she noted, because the centre primarily deals with the city's most vulnerable population, including many who suffer from mental illness and extreme poverty.

"One needs to take antiretroviral therapy daily in order to achieve suppression. That's hard for a person who doesn't know where their next meal is coming from or where to sleep tonight," said Davis, adding there's currently a waitlist of 90 individuals. "Having this support, in good times and bad, makes it possible to stick with daily HIV medication."

> **It's a safe, comfortable ... environment.**
> Maxine Davis

The positive announcement coincides with World AIDS Day (Tuesday). For Davis and her staff, it's a time to remember those who have passed and celebrate what she calls "a promising time in history."

"Now, it's a reasonable goal for UNAIDS to state that they want to end AIDS itself by 2030," she said.

The Dr. Peter Centre in Vancouver. CONTRIBUTED

Dr. Julio Montaner, director of the BC Centre for Excellence in HIV/AIDS JENNIFER GAUTHIER/METRO

HIV patients facing age-related ailments

MEDICINE

It's a good problem to have: Doctor

Thandi Fletcher
Metro | Vancouver

Two decades ago, Dr. Julio Montaner's biggest concern for people with HIV was keeping them alive.

Today, the director of the BC Centre for Excellence in HIV/AIDS says he is grateful to be treating HIV-positive patients with age-related ailments.

"It's a good problem to have," he said. "Not only are we talking about stopping people from getting AIDS, but we're talking about them having families and allowing them to live a normal life."

To coincide with World AIDS Day on Tuesday, the BC Centre for Excellence in HIV/AIDS is launching Healthy Aging With HIV, an initiative that aims to understand how to maximize the longevity of people living with HIV. The Vancouver-based partnership will bring together physicians from a range of disciplines to share information on the best ways to treat HIV patients as they age.

Once considered a death sentence, HIV is now viewed as a chronic manageable condition. In 1996, the life expectancy for a 20-year-old diagnosed with HIV was about a decade. Today, a 20-year-old diagnosed with recently acquired HIV infection who immediately starts antiretroviral therapy will see a life expectancy of another 50 years of near-normal quality.

With HIV patients living longer, Montaner said doctors are seeing an increase in patients getting sick or dying of non-AIDS-related health issues, mainly liver disease, often due to hepatitis C infection, cardiac disease and chronic obstructive pulmonary disease.

Montaner said there is some indication that HIV itself may affect biological aging. He said doctors are seeing higher rates of emphysema in people with HIV.

Still, Montaner said the treatment has come a long way since 1996 when, at an AIDS conference held in Vancouver, he first announced the discovery of HAART, or highly active antiretroviral therapy.

Since then, HAART has become the standard of care for HIV and deaths from the disease have plummeted.

Montaner said he recently had a 91-year-old patient who died of complications from a hip fracture.

"He was HIV positive and I'm happy to tell you that HIV was never a problem for him," he said. "He was one of the healthiest and happiest people I knew."

PHARMACY TECHNICIAN DIPLOMA PROGRAM

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VACCINATIONS

Hospital visitors asked to get flu shot

Thandi Fletcher
Metro | Vancouver

With flu season underway, B.C. health officials are reminding anyone who visits a hospital or long-term care facility to get vaccinated.

As of Tuesday, people who have not had a flu shot this season will be asked to don a mask before visiting provincial health-care facilities, which includes hospitals, long-term care homes, public health units and outpatient clinics, according to the Ministry of Health.

Visitors will be asked to comply with this policy on the honour system. Masks will be available free of charge for those who have not been vaccinated.

Tuesday also marks the provincial deadline that requires all health-authority employees, students, physicians, residents, contractors, vendors and volunteers to either get vaccinated or wear a mask.

The guidelines, which were introduced in 2012, aim to help protect those at-risk of influenza.

Each year, about 3,500 people from the flu and complications associated with the illness in Canada, according to the ministry.

The flu vaccine is free to people intending to visit a health-care facility and is available at public health clinics, physicians' offices, travel clinics and pharmacies.

It is also free in B.C. for children between the ages of six months and five years, seniors 65 years and older, pregnant women and Aboriginal people, as well as people with chronic health conditions or compromised immune systems and their household contacts and caregivers.

The nasal spray flu vaccine is also free at public-health clinics and physicians' offices to children two to 17 years of age who are at risk of serious illness from influenza or who live with someone who is at risk.

B.C. health officials are reminding anyone who visits a hospital or long-term care facility as of Tuesday to get vaccinated. GETTY IMAGES

Beds at a Vancouver winter shelter in December 2012. CONTRIBUTED

Winter shelters open without local uproar

WEATHER

Community silent after 2014 petition

Emily Jackson
Metro | Vancouver

The chilly reception that often greets Vancouver's winter shelters seems to have thawed this year.

In a marked change from last year when hundreds petitioned the city not to open shelters near their homes, neighbours have remained largely silent about the city and B.C.-funded winter shelters that will open this week and house homeless residents until the end of April.

"We're not seeing the same amount of interest this year in any of the sites," city director of housing policy Abby Bond said Monday.

Only a handful of residents attended a public meeting about the 50-bed shelter at 900 Pacific St. – the same location that sparked a NIMBY uproar last year – with questions about operations, security and safety, Bond said.

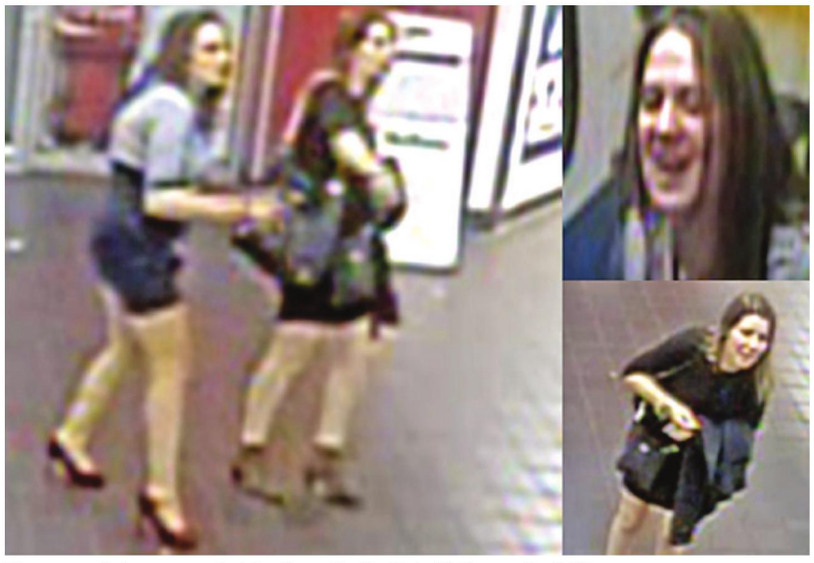
It's not clear what defrosted the relationship, but the city is ready to answer any additional questions at a Wednesday public meeting regarding the 50-bed shelter at 1648 East 1st Ave.

Meantime, the city is readying to welcome residents to the Pacific shelter on Monday night and Tuesday morning and the East 1st shelter on Friday. Both are operated by Raincity and will house people who typically sleep outside in those neighbourhoods, Bond said.

"We are expecting them to fill up quickly," Bond said, adding there is a high demand considering the spring 2015 homeless count found nearly 500 people sleeping outside.

The city will provide 170 winter shelter spaces this winter. Two locations run by the Salvation Army at 134 and 138 East Cordova opened earlier this month due to extremely low temperatures.

Residents typically get a sleeping mat, two or three meals a day, storage space, bathrooms and access to health workers. The city's goal is to move as many people as possible into permanent housing to free up space for those still sleeping on the streets.



The suspects in an assault at the Granville SkyTrain Station on Sept. 19.
CONTRIBUTED/TRANSIT POLICE

Transit police seek SkyTrain suspects

CRIME

Wanted after attack on Good Samaritan

Emily Jackson
Metro | Vancouver

Transit police need the public's help to identify two young women accused of viciously attacking a woman who tried to stop them from harassing other passengers at the Granville SkyTrain Station in September.

The two women were yelling racial slurs at non-white passengers on the lower level of the train station on Sept. 19 at about 12:25 a.m., according to a statement from transit police spokeswoman Anne Drennan on Monday.

When the third woman intervened and politely asked them to stop, the pair allegedly punched her, knocked her to the ground, kicked her and pulled her hair.

The victim broke free, fled the area and called police while her alleged attackers boarded a westbound train for Waterfront Station.

The victim was taken to hospital for treatment for cuts, bruises, a black eye and injuries to her arm. Transit police released images of the two suspects in order to get the public's assistance in the investigation.

The first suspect is described as a whi te woman in her early 20s with long, straight brown hair, brown eyes and a full-figured build who wore a black dress and a denim jacket. The second suspect is described as a tall, slim white woman in her early 20s with long, straight brown hair and brown eyes wearing a black dress and a large black shoulder bag.

Anyone with information is asked to call transit police at 604-515-8300 or text 87 77 77.

POLICE

RCMP investigating alleged sexual assault

Mounties are investigating an alleged sexual assault of a young girl at Value Village in Langley earlier this month.

Langley RCMP said a young girl reported that sometime between 3:30 p.m. and 5:15 p.m. on Nov. 11 a man approached her and inappropriately touched her.

Police are asking the public for help identifying the man, who is described as white and in his late 20s or 30s with a medium build.

Anyone with information about the incident is asked to contact Langley RCMP.

THANDI FLETCHER/METRO

B.C. SECURITIES COMMISSION

Developer hit with $1M fine for fraud

A British Columbia real estate developer has been ordered to pay more than $1 million after a finding of fraud by the provincial securities commission.

A B.C. Securities Commission panel has ordered that Rodney Wharram pay a $500,000 fine and another $517,500 to cover the amount it says he obtained by his fraudulent misconduct.

A commission panel determined that Wharram and three companies committed fraud by taking money from one company and depositing it into another, and then using the funds for Wharram's personal expenses.

The money had originally been raised from investors for developing a real estate project near Chilliwack.

The panel ruled investor losses were significant, that the fraudulent misconduct was repeatedly deceitful, and a significant fine is necessary for deterrence purposes.

The panel also ordered Wharram resign any position he holds as a director or officer and that his companies Falls Capital Corp., Deercrest Construction Fund Inc. and West Karma Ltd. be permanently cease-traded.

THE CANADIAN PRESS

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Gone till Movember

MEN'S HEALTH

Vancouver man waxes his chest into a sick 'stache

Tereza Verenca
For Metro | Vancouver

Douglas Drinkwater decided to step up his Movember game. CONTRIBUTED

Last month, Douglas Drinkwater did something most men would never dare.

Similar to the scene out of The 40 Year Old Virgin, he waxed his chest hair — not into a smiley face, but a mustache.

The 45-minute affair was done for Movember, which officially wrapped up on Monday. The campaign, which seeks to bring men's health to the forefront and raise money by encouraging people to grow out their finest 'stache, raised more than $55 million worldwide.

Drinkwater was inspired to become a Mo Bro in 2011 after his father — 64 at the time — was diagnosed with prostate cancer.

"He took it pretty well," the North Vancouver resident recalled. "He always just carried on day-to-day, doing the dad thing."

The idea to leave hairy handlebars on his chest, however, came one year after he joined the movement. The 29-year-old had only raised about $100 in 2011 and wanted to do something "different."

"I was sitting around a table at work and one of the guys made the suggestion," Drinkwater said.

His employer Ledcor then agreed to match all donations, which total around $18,000 to date.

Drinkwater has fun with the hair-removing process, too. He's known to wear silly costumes (this year, he donned a pink elephant head) and post the whole ordeal to YouTube.

Asked what his dad, who's been cancer-free for several years now, thinks of the painful and daring endeavour, Drinkwater replied that he's been very appreciative.

"He gets a kick out of it," he laughed. "I've always kind of done things a little differently than most. Waxing definitely takes it to a whole new level, that's for sure."

But Drinkwater isn't sure if he'll be parting ways with his second mustache just yet.

"I'll either let it grow back in or get rid of it and start fresh," he said.

> **"Waxing definitely takes it to a whole new level, that's for sure.**
> Douglas Drinkwater

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MOUNT POLLEY

Permit an 'early Christmas present'

The British Columbia government has approved a permit allowing water discharge from a mine that was the centre of an environmental disaster, and the decision has drawn cheers from the area's mayor.

Williams Lake mayor Walt Cobb said the permit approved Monday for central B.C.'s Mount Polley mine means more than 200 people currently working at the mine site can keep working, and up to 170 people could be called back to the site.

"It's an early Christmas present," he said. "It's going to continue to allow the 200 and some guys to continue work and the 170 who are on call to be able to be called back to work."

An independent report concluded last January that the spill of 24-million cubic metres of silt and water into nearby lakes and rivers in August 2014 was caused by a poorly designed dam.

The report said the pond at the Imperial Metals Corp. open pit copper and gold mine burst without warning, hours after workers had been at the foot of the structure unaware of the impending devastation.

The Environment Ministry said in a statement the new short-term permit allows the mine to discharge treated water from the pit where it is currently being stored into nearby Hazeltine Creek and through a pipeline into Quesnel Lake.

THE CANADIAN PRESS

IN BRIEF

Two-year-old girl found safe after missing for hours near Powell River

A two-year-old girl has been reunited with her family after spending hours missing near Powell River, B.C.

Const. Tim Kenning with the Powell River RCMP says police believed the little girl walked away from her home.

She was reported missing around 10 a.m.

He says police dogs, a helicopter, and search and rescue crews were all involved in the search for the child.

The girl was found in a forested area near her family's rural property around 1:30 Monday afternoon. Kenning says the child was cold and scared, but otherwise in good health. THE CANADIAN PRESS

Two B.C. trucking companies hold out on inking deal with Unifor

Drivers at two Metro Vancouver trucking companies remain on strike as Unifor finalizes collective agreements with several other shipping businesses.

Days of around-the-clock bargaining have led to contracts with six companies that make up roughly 75 per cent of the truck drivers represented by the union.

Those collective agreements will last until 2019.

But Unifor says shipping companies Port Transport and Harbour Link have so far refused to ratify deals that are consistent with the union's other collective agreements.

THE CANADIAN PRESS

B.C. credit expert offers advice leading up to holiday shopping season

The head of British Columbia's Credit Counselling Society is offering a word of warning in the lead-up to the holiday shopping season.

President Scott Hannah says holiday expenses should be planned and on budget. Hannah says the average British Columbian has a non-mortgage debt of $25,000, which includes lines of credit, loans and credit cards. He says that shouldering that level of debt could spell trouble if mortgage rates increase.

Hannah says a rise in debt levels is also happening alongside a decline in spending rates.

He says Canadians are floundering when it comes to managing their savings and meeting other financial goals.

THE CANADIAN PRESS

No time to waste as Trudeau goes green

UN CONFERENCE

PM rounds off trip with a call for real change at Paris summit

Prime Minister Justin Trudeau travelled to Europe to tell the world that the fight against climate change starts at home.

Trudeau wrapped up a week-long run of European summitry — his second in less than 30 days since being sworn in — with an address to the leaders' plenary on the opening day of a UN-sponsored climate conference.

French President Francois Hollande, the host of the 21st climate conference, and other leaders painted the climate battle in existential terms for humankind, explicitly linking security issues and global warming in this terror-scarred city. Trudeau focused on his own backyard.

Justin Trudeau speaks during the UN summit Monday in France. ADRIAN WYLD/THE CANADIAN PRESS

"Indigenous peoples have known for thousands of years how to care for our planet," he said. "The rest of us have a lot to learn. And no time to waste."

More than 150 countries are represented at the conference, known as COP21, and more than 180 jurisdictions made emissions-cutting pledges in advance of two weeks of final negotiations that formally began Monday.

Hollande, whose nation was stricken earlier this month by its second deadly terror attack in 2015, portrayed the task of climate negotiators in vividly dire terms.

"I'm not choosing between the fight against terror and the fight against global climate change," he said in his opening address.

"Because we must leave our children more than a planet free of terrorism. We must leave them a viable planet."

At a news conference Monday, Trudeau said the three-month election campaign that propelled his Liberals to power showed him that Canadians are ready to pitch in on fighting climate change.

"But they want to know that what they're doing fits into a bigger picture," said Trudeau. "Because there is no point in bending over backwards if your neighbour or your government is not also doing its part to ensure that we all have the maximum impact together."

THE CANADIAN PRESS

TODDLER GOES VIRAL

Meet the political junkie in diapers

She may still be in diapers, but Sophia Popalyar can do something many Canadians probably can't: the two-year-old can name several of Canada's new cabinet ministers.

Who is Canada's new prime minister, her father, Fawad Popalyar, asks in a video posted on YouTube. "Justin Trudeau," the youngster responds without missing a beat.

"The honourable . . . ?" her father prompts. "The Right Honourable Justin Trudeau," Sophia replies, before turning her attention back to her Frozen-themed blanket.

Fawad said it took Sophia about a week to learn the names and positions of 15 Canadian cabinet ministers. But who is her favourite minister? Maryam Monsef, Canada's new Minister of Democratic Institutions, Sophia replies.

Sophia Popalyar YOUTUBE.COM

TORSTAR NEWS SERVICE

IN BRIEF

Another province goes red as Liberals surge

The Liberals in Newfoundland and Labrador easily won a majority government in Monday's provincial election, ending 12 years of Progressive Conservative rule by sticking to a low-key campaign that tapped into a desire for change.

THE CANADIAN PRESS

No speaker role for Bélanger after diagnosis

Longtime Ottawa MP Mauril Bélanger won't seek to become House speaker after being diagnosed with ALS, also known as Lou Gehrig's disease. "Under the doctor's advice, I have decided to withdraw my candidacy," he said.

THE CANADIAN PRESS

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BROKEN BONDS | PART I

Jennifer Smith stands in her oldest daughter's bedroom at her home in Vancouver. In 2007, Smith and her newborn baby lived together at a B.C. jail while Smith was incarcerated.
JENNIFER GAUTHIER/FOR METRO

An unlikely initiative at one B.C. jail for women was changing the lives of inmates and their families. So why was it stopped?

Breaking a vicious cycle

Sidney Cohen
For Metro

Jennifer Smith found out she was pregnant from a prison nurse at Prince George Regional Correctional Centre, a provincial jail in central British Columbia.

It was the winter of 2007 and Smith, in jail for minor crimes committed to support a drug habit, had recently been through withdrawal. The 22-year-old weighed just over 100 pounds and in her words, "looked like death." The baby, she was told, would come before the end of her sentence.

Traumatic events in Smith's youth, including the suicide of her father when she was a teenager, had her on a downward trajectory. When she discovered she was pregnant, "I just made a really big decision," Smith says, "that my life was going to change from here on out."

It was Smith's first pregnancy, but not her first time in jail. Two years earlier, Smith had spent three and a half months at Alouette Correctional Centre for Women, a Vancouver-area prison for women awaiting trial or serving terms under two years. Smith remembered being amazed when a fellow inmate delivered a baby boy in hospital and brought him back to live with her at the jail.

> **"A pregnancy always offers an opportunity for healing."**
> Mary Ellen Turpel-Lafond, B.C. Children's Advocate

At the time, Alouette was operating a "mother-baby program," which allowed women who gave birth while incarcerated to keep their newborns with them, to breastfeed and bond during the critical post-partum period.

Smith asked to be transferred to Alouette and her request was granted.

Smith gave birth to a daughter that June. In August, she walked through Alouette's gates, baby in tow. She never looked back.

Alouette staff and outside observers say the mother-baby program is safe and effective. They note the positive impacts of keeping mothers and babies together: babies reap the health benefits of breastfeeding and bonding with their mothers, and the mothers are inspired to get clean and stay out of jail.

So it came as a shock when, in 2008, B.C. Corrections quietly shut down the mother-baby program, citing concerns for the babies' safety, despite there being no known instance of harm to any child who participated in the program. Two inmates challenged the closure and in 2013, the B.C. Supreme Court ordered the program reinstated. The court held that cancelling the program discriminated against incarcerated women, particularly indigenous women, who are overrepresented in Canada's correctional system, and violated the charter rights of mothers and babies to be together.

On June 16, 2014, B.C.'s Ministry of Justice proudly announced the opening of the newly renovated mother-baby unit at Alouette, but since then not one baby has been allowed to live at the jail. And not for want of pregnant inmates. In all 26 babies have been born to provincially incarcerated women in B.C. since 2008. Two inmates gave birth this summer.

When asked, the province says Alouette's mother-baby facility is available to women who need it, but inmates, activists and even the jail's former warden say the government has made the program so hard to access that it might as well still be closed.

* * *

Alouette opened as a women-only prison in 2004, under an enthusiastic warden named Brenda Tole, who is now retired. Tole had a vision for corrections built on the belief that permitting women a degree of autonomy would empower them to take control of their lives.

Tole designed Alouette to be a therapeutic space. Women had keys to their own rooms, they could venture outdoors at their leisure, and an inmate

BREASTFEEDING

The World Health Organization says breast milk is the ideal food for newborns as it is rich in nutrients and has antibodies that protect against diarrhoea and pneumonia - the leading causes of child mortality across the globe. According to Health Canada, breastfeeding reduces a child's risk for allergies, helps mothers shed baby weight and reduces their risk for developing breast cancer.
THE ASSOCIATED PRESS

committee was organized so women could discuss problems in the jail and make proposals for improvements.

All this equalled a measure of agency and trust unfamiliar to most women in custody. On the street, Alouette was known as "Camp Cupcake."

Alouette's mother-baby program was pitched to Tole by Sarah Payne, a Vancouver midwife. Payne, who worked with substance-using mothers and their babies, explained that infants born into withdrawal who stayed with their mothers — were breastfed, cradled and kissed — had better health outcomes. Women who had babies taken away often lost hope and returned to their old ways. Mothers who kept their newborns had motivation to get better.

Tole, who has worked in corrections for 30 years, says she has seen the effects of mother-child separation first-hand. "The moms are destroyed. … It's unbelievable. It's horrible," she says.

Alouette's mother-baby program was designed to give babies the chance to form a secure attachment to their mothers, which experts say is critical to a child's future emotional health.

Mary Ellen Turpel-Lafond, B.C.'s Children's Advocate, has worked closely with families living with poverty, drug addiction and incarceration, and is a vehement supporter of prison mother-baby programs. She says the effects of keeping a mother and baby together, with support from the community and social services, can be life-altering for the child and felt for generations to come.

Jennifer Smith holds a photograph of oldest daughter, taken in 2008. JENNIFER GAUTHIER/FOR METRO

"The children have stayed in the long term with the parent, done well in school and will likely be the first generation to break ... a multi-generational cycle," she says.

Considering Canada's sordid history of removing indigenous children from their families, the implications are especially acute for First Nations women, who account for almost half of the country's female inmate population.

Alouette's mother-baby initiative presented an opportunity "to address trauma as opposed to compounding trauma" experienced by incarcerated women and children of indigenous heritage, says Turpel-Lafond.

* * *

Between 2005 and 2008, 13 babies were born to women serving sentences at Alouette and nine lived at the jail until their mothers were released. At the time of the 2013 B.C. Supreme Court judgment, all nine had remained out of custody — impressive, given that About 70 per cent of B.C.'s women inmates reoffend within two years of release, according to documents from the court case.

"It was just amazing to see," says Tole. "The moms… and babies did so well. It was positive for the staff too ... a total de-stressor."

Alouette's mother-baby unit, named Alder after the west-coast tree, had a reputation for being calm. Women who sought admission to the unit were carefully screened. If they didn't have kids of their own inside, they acted as babysitters while the mothers worked and took parenting classes. Some inmates who helped out in this way reported that the babies' presence elicited painful memories of their own estranged kids, but also that the program inspired them to reconnect with their children when they were released.

Jennifer Smith says she felt "totally safe and comfortable" living with her daughter in Alder.

Smith recalled one night when her baby wouldn't stop crying. She tried burping and bobbing her to no avail. Not having slept a full night in days, the first-time mother broke down in tears herself.

That's when she heard a knock at her door: "Is there anything I can do for you, dear?"

It was Betty Krawczyk, an environmentalist famous in B.C. for multiple arrests and imprisonments. The 78-year-old grandmother plucked the bawling baby from Smith's arms and, in characteristic defiance of the rules, brought the baby to the rocking chair in Alder's common room. She held the child against her breast and rocked her back and forth until she fell asleep.

* * *

In the years since leaving Alouette, Smith has stayed clean, moved into a three-bedroom apartment in Vancouver, and had a second daughter.

It hasn't been easy, but the family has come a long way.

Smith's daughter, now in Grade 3, is doing well in school and taking gymnastics classes. "She's really flexible," Smith says proudly. "This girl can do the splits both ways and she does headstands, handstands, round offs on the beam." Her younger child, nearly two, is learning numbers and shapes.

Right now Smith is a full-time mom, but she hopes to pursue a career where she can draw on her life experiences to help others.

"I just want to be there, so that people know there's still hope when you're down. It's not the end of the world. I know I definitely thought it was for me."

Smith says the day she found out she was pregnant the first time was the best one in her life up to that point.

"It gave me a reason to live.

"If I didn't get the opportunity to have my child (in jail) — I still would have fought for her — but who knows what would have happened. I don't even want to think about it."

Meanwhile, Alouette's mother-baby facility sits empty.

Broken Bonds

PART I
"A success story"
Tues. Dec. 1

PART II
"It all falls apart"
Wed. Dec. 2

PART III
"What now?"
Thurs. Dec. 3

BRINGING UP BABY BEHIND BARS

In Canada, there are currently 9 correctional facilities with programs that allow mothers to live with their babies.

Alouette Correctional Centre for Women
Fort Smith Correctional Complexes
Women's Correctional Centre, Headingley
Joliette Institution for Women
Nova Institution for Women
Fraser Valley Institution for Women
Edmonton Institution for Women
Okimaw Ohci Healing Lodge
Grand Valley Institution for Women

In B.C., 23 babies were born to incarcerated women between 2008 and 2013, when Alouette's mother-baby program was shut down

Of these babies, 12 were put in foster care

Since Alouette's program reopened in 2013, 3 babies have been born in B.C. provincial jails

2 babies were put in foster care

1 baby was released with the mother

Currently there are 3 babies living with their mothers in federal prisons

SANCTIONS

Russia sets produce ban against Turkey

Russia will restrict imports of Turkish fruits and vegetables as part of a package of new sanctions following the downing of a Russian warplane by Turkey last week.

Deputy Prime Minister Arkady Dvorkovich said Monday that the produce ban could be deferred for "several weeks" to allow Russian firms to find new suppliers and curb price rises, according to state news agency RIA Novosti.

Russia has previously banned food imports from the European Union and United States over the Ukraine crisis, a measure which has been blamed for fueling price rises of food on the Russian market.

The new measures against Turkey announced at a meeting chaired by Prime Minister Dmitry Medvedev also include limits on Turkish construction firms' ability to sign new contracts in Russia and restrictions on road transport.

The measures come two days after Russian President Vladimir Putin issued a decree ordering sanctions against Turkey and calling for imports to be restricted, although he did not specify which goods were to be banned. THE ASSOCIATED PRESS

A trader prepares vegetables for customers **at the Dorogomilovsky food market in Moscow.** ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

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IN BRIEF

1,300 migrants on way to Greece detained by Turkey
Authorities in northwestern Turkey on Monday rounded up some 1,300 asylum seekers and migrants allegedly preparing to make their way into Greece, Turkey's state-run news agency reported.

The migrants were detained in a pre-dawn sweep in the town of Ayvacik, in Canakkale province, which is a main crossing point to the Greek island of Lesbos. They were then put into buses and taken to a small, overcrowded detention centre for foreigners awaiting deportation. THE ASSOCIATED PRESS

Charges laid after clinic shooting rampage
The man accused of a deadly shooting rampage at a Planned Parenthood clinic in Colorado Springs was told Monday that he will be charged with first-degree murder in the killing of three people, including a police officer, during the standoff at the facility.

Robert Lewis Dear, 57, is accused of fatally shooting a university police officer who tried to stop the attack, an Iraq war veteran and a mother of two inside the clinic. THE ASSOCIATED PRESS

Whaling fleet sets sail
Japan's whaling fleet will leave Tuesday for the Antarctic for a three-month, scaled-down hunt, the government said, despite protests from opponents who say Tokyo has not proven that whales need to be killed for research.

The expedition will be the first since the International Court of Justice ruled last year that the hunts were not truly scientific, forcing Tokyo to revise its Antarctic whaling plans. THE ASSOCIATED PRESS

BEIJING SMOG LEVELS HIT DANGEROUS HIGH A Chinese police officer wears a protective mask as he stands in a very hazy Tiananmen Square on a day of heavy pollution on Nov. 30 in Beijing, China. China's capital and many cities in the northern part of the country recorded the worst smog of the year. KEVIN FRAYER/GETTY IMAGES

Summit an 'act of defiance': Obama

COP21

U.S. president delivers salute to Paris, urges climate action

Pushing for a powerful climate deal, President Barack Obama called the global talks opening Monday outside Paris an "act of defiance" against terrorism that proves the world stands undeterred by Islamic State of Iraq and the Levant (ISIL)-linked attacks in Europe and beyond.

Obama used his speech to more than 150 world leaders to salute Paris and its people for "insisting this crucial conference go on" just two weeks after attacks that killed 130 in the French capital. He said leaders had converged to show resolve to fight terrorism and uphold their values at the same time.

"What greater rejection of those who would tear down our world than marshalling our best efforts to save it," Obama said.

Obama's remarks came at the start of two weeks of make-or-break negotiations to finalize a sweeping global agreement to cut carbon emissions and hopefully stave off the worst effects of climate change. Obama exhorted leaders here to fight the enemy of cynicism — "the notion we can't do anything" about the warming of the planet.

After sketching dire threats of submerged nations, abandoned cities and ever-worsening flooding and natural disasters, Obama insisted that the grim future "is one that we have the power to change." He urged leaders to "rise to this moment," invoking the late Martin Luther King Jr.'s observation that there's such a thing as being too late to a cause.

"That hour is almost upon us," Obama said.

As the conference kicked off, the Obama administration announced it was pledging $51 million to a global fund to help poorer countries adapt to climate change. THE ASSOCIATED PRESS

MILESTONES

1 **Montreal, 1987:** Governments adopt a treaty pledging to restrict emissions of chemicals damaging the ozone layer.

2 **London, 1990:** The first scientific assessment of climate change is released.

3 **Kyoto, Japan, 1997:** The Kyoto Protocol is adopted, setting binding emissions targets for wealthy countries. The U.S. doesn't join the treaty, claiming it would harm the economy.

4 **Durban, South Africa, 2011:** UN climate talks produce a major breakthrough as countries agree to adopt a universal agreement on climate change in 2015 that would take effect five years later and apply to all of them. THE ASSOCIATED PRESS

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For Patients and Families

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Upgrade holdouts hit smartphone profits

TECHNOLOGY

New features, software aim to encourage trade-ups

Between splashy launches, lavish new-phone offers and frequent software updates that slow down your old handset, it sometimes feels like the technology industry is pushing you to buy the latest smartphone. Yet some holdouts resist.

More than 90 per cent of smartphone users trade up for newer models within two years, says Ramon Llamas at research firm IDC. But a fraction continue to cling to older phones, some three to four years old — or more.

These upgrade holdouts have different reasons for standing athwart techno-progress. Some reject the trend toward ever-larger screens, preferring smaller phones that are harder to find. Others simply aren't wowed by the latest features, or see no reason to spend hundreds of dollars when their current phones still work fine.

Overall smartphone sales are slowing down — particularly in industrialized markets where most people who want a smartphone already have one. To keep making money on premium phones, Apple, Samsung and their rivals are counting on regular upgrades.

To encourage upgrades, manufacturers have been packing new phones with cutting-edge hardware. Phones also get new system software every year, and many apps require the latest updates. Although many older phones can get the latest versions of Google's Android or Apple's iOS software, the updates can slow them down, and the phones sometimes don't support all the new features.

THE ASSOCIATED PRESS

More than 90 per cent of smartphone users trade up for newer models within two years, but a fraction cling to older phones, like this Pantech C3 flip phone. THE ASSOCIATED PRESS FILE

SELF-DRIVING CARS

Distracted driving may be safer: Study

New cars that can steer and brake themselves risk lulling people in the driver's seat into a false sense of security — and even to sleep. One way to keep people alert may be providing distractions that are now illegal.

That was one surprising finding when researchers put Stanford University students in a simulated self-driving car to see how they reacted when their robo-chauffeur needed help.

The experiment was one in a growing number that assesses how cars can safely hand control back to a person when their self-driving software and sensors are overwhelmed or overmatched.

The elimination of distracted driving is a major selling point for the technology. But in the Stanford experiment, reading or watching a movie helped keep participants awake.

Among the 48 students put in the driver's seat, 13 who were instructed to monitor the car and road began to nod off. Only three did so when told to watch a video or read from a tablet.

Alertness mattered when students needed to grab the wheel because a simulated car or pedestrian got in the way.

THE ASSOCIATED PRESS

market minute

DOLLAR 74.89¢ (+0.11¢)

TSX 13,469.83 (+101.59)

OIL $41.65 US (-6¢)

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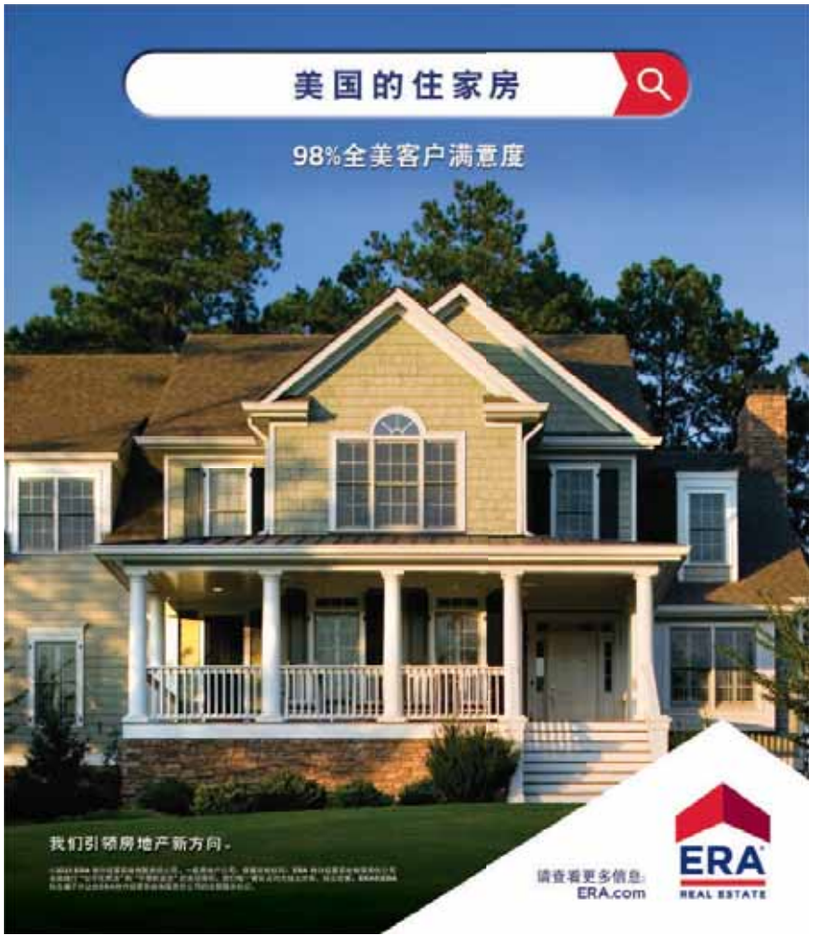
NATURAL GAS: $2.235 US (+2.3¢)
DOW JONES: 17,719.92 (-78.57)

IN BRIEF

BlackBerry to exit Pakistan
BlackBerry Ltd. is delaying until Dec. 30 a plan to stop operating in Pakistan, but remains committed to closing up shop in that country rather than accept demands by authorities for "unfettered" access to all customer information on its BES servers. THE CANADIAN PRESS



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2007 DODGE CHARGER
.....**$8,887** #6022

2008 KIA MAGENTIS
.....**$8,887** #6618

2006 CHRYSLER 300C
.....**$8,888** #1502

2009 HYUNDAI TUCSON
.....**$9,888** #8420

2011 CHEVROLET IMPALA LT
.....**$9,977** #6390

2007 FORD EXPLORER LIMITED 4WD
.....**$11,588** #6412

2006 CHEVY SILVERADO EXT 4WD
.....**$11,888** #8564

2009 VW JETTA TDI
.....**$11,888** #6533

2015 MERCEDES FORTWO PASSION
.....**$12,888** #6434

2012 MITSUBISHI ECLIPSE SPYDER
.....**$14,995** #0655

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metro VIEWS
Your essential daily news
Tuesday, December 1, 2015

the big question

Should we allow scientists to edit human genes?

RESEARCHERS DISAGREE ON THIS POINT. Hundreds of experts and ethicists from around the world are holding a summit in Washington,D.C. this week to debate the limits of **human genome editing**, a biological cut-and-paste tool that lets scientists to spot a defective gene in a living cell and swap it out for a good one. The technique hasn't made its way out of the lab yet, but the potential is huge for treating and understanding disorders from cystic fibrosis to miscarriage, HIV/AIDS and cancer. The debate: Should manipulation be allowed on sperm, egg and embryonic cells? Such changes could affect future people who didn't give their consent. Already, a Chinese team has attempted to modify human embryos left over from in vitro fertilization, aiming to correct a deadly genetic disease. (They're still far from being able to safely attempt a pregnancy with an altered embryo). Attendees at the meeting will also hash out where the lines should be between treating illness, improving function, and selecting for desirable traits — creating so-called "designer babies." SOURCE: THE ASSOCIATED PRESS

Christy Clark is two-faced on climate policy

CAPITAL IDEA
Kate Webb

Premier Christy Clark loves to say yes: yes to tackling climate change, yes to regulated oil pipelines and yes to several new liquefied natural gas plants.

Her peppy optimism may be the key to her popularity, but it's also completely disingenuous according to her climate-conscious critics, such as Marc Lee, senior economist with the Canadian Centre for Policy Alternatives, and B.C. Green Party leader-in-waiting Andrew Weaver.

B.C. is actually on pace to increase emissions 11 per cent by 2020 from 2005 levels.

As she gladhands her way around the Paris climate talks this week, posing for endless photo opportunities and touting B.C. as a global "climate leader," voters should ask themselves whether a woman as savvy as Clark can really support so many contradictory policies.

The truth is, we can't have it all, and Clark knows it. But unlike former prime minister Stephen Harper, Clark is trying to have it both ways.

Heading off catastrophic climate change by switching to renewables and cutting global emissions by 80 per cent in the next 35 years is going to cost a ton of money.

A recent estimate from Climate Action Network Canada says this country should be spending $4 billion a year to do its fair share to prevent the nightmare scenario of global agricultural collapse and mass environmental migrations. That, and cut its emissions by a third in the next 10 years.

Former Liberal premier Gordon Campbell took this problem seriously and set the ambitious target eight years ago of reducing the province's emissions to 33 per cent below 2007 levels by 2020.

But since Clark took office five years ago, she has been playing a cynical game of riding the green-coloured coattails of her environmentally progressive predecessor. She boasts of B.C.'s groundbreaking carbon tax as if it were her own, instead of that of the erstwhile more eco-friendly Liberal premier, whose policies were much more closely aligned with the federal Liberals' than are Clark's.

According to Environment Canada, instead of reducing its greenhouse gas emissions, B.C. is actually on pace to increase emissions 11 per cent by 2020 from 2005 levels, thanks to increased natural gas production and transportation.

Clark is a Harper-sympathizing wolf in Liberal's clothing, but with an unquestionably more charming act than the former PM. If she were half-serious about the UN's climate summit, she would be heeding experts' calls to require auto retailers to hit sales targets for electric and hybrid cars, tax the sale of gas-guzzlers and ratchet up the carbon tax as originally intended.

Instead we have a premier who talks out of both sides of her mouth — and sadly, the people are buying it.

Kate Webb is is an unapologetic muckraker and political junkie who lives and writes in Vancouver.

ROSEMARY WESTWOOD

metroview

There is no 'greatest country in the world.' And that's a good thing.

I've just returned from Amer'ca, a nation so self-glorified that even its most vicious homegrown critics remain obsessed, if bitterly so. Every American's favourite topic is America.

As with any time I leave our borders, people asked me, "So, you're from Canada?" (Silence.) "Sorry, I don't know anything about Canada."

But don't tell that to those who, in the context of welcoming Syrian refugees, are deeming this the "best/greatest country in the world/on earth." They include a Toronto newspaper columnist, a Manitoba First Nations chief, and a former Sudanese refugee in Saskatoon.

It's a phrase well loved by Stephen Harper, one adopted with regularity by his MPs. It was tweeted by Justin Trudeau in 2013, then softened slightly in campaign mode to wanting his kids to "grow up in the best country in the world." And we're but a mere shadow of American political boasting.

The claim is not only a terrible cliché as well as perpetually incorrect — it's also dangerous.

It doesn't matter that, as in the recent Canadian cases, our supposed superiority is being used to argue that we should welcome refugees into our wonderfulness.

Once you decide someone — or a whole culture — is below you, it's much easier to deny their humanity. That is how we practise cruelty, and excuse it. Once you set up a hierarchy — and that "we" are at the top of it — only conflict can follow.

Indeed, it is following in France. The homegrown terrorist attack in Paris has swiftly become a talisman of the nationalist, far-right party. Anti-immigrant and anti-Islam sentiments are finding new wind. Even before the attacks, small-town far-right politicians were railing against the spread of the kebab shop as a threat to the boulangerie, and immigrants have fought to be viewed as equally French.

It's not that we — the West — don't have values or privileges worth defending. You can even keep your mild pride, if you must, but as the EU's ambassador to the U.S. recently told Foreign Policy magazine, "We know where an excessive nationalism can take you in Europe and we never want to go back there again."

So let's not tell nice lies of superiority. Being the best in the world is a hyperbolic goal worthy of Donald Trump or Kim Jong-un, and we don't need raging nationalism to provide the basics to those fleeing war, namely safety, freedom, and hope.

Those aren't the hallmarks of some mythical, exalted society, but they are foundations of many quite good ones.

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metro LIFE

Your essential daily news

Pink named UNICEF ambassador to raise awareness for child hunger, healthy living

INTERVIEW

Activist Jordan Figueiredo redefines the shape of fruit and veg waste

There is more to deformed produce than ridicule and contempt — just ask Jordan Figueiredo.

When not at his day job as a solid waste specialist for the Castro Valley Sanitary District in California's Bay area, Figueiredo runs the immensely successful @UglyFruitAndVeg campaign, one of the Internet's leading vehicles in the fight against food waste. It isn't a frivolous or quirky endeavour: in the United States, 26 per cent of produce is discarded before it gets to the grocery store. A lot is tossed out because it isn't the right size, shape or colour.

That's where Figueiredo comes in. He has used Twitter, Instagram, Facebook and Pinterest to spread awareness about produce that is rejected by large grocers because it's not perfect. He also writes articles and gives talks.

Changing produce beauty standards

COURTESY THE @UGLYFRUITANDVEG CAMPAIGN

It is shocking to think that a quarter of produce never makes it to the stores, that it gets wasted.
It is wasted at harvest, post-harvest, selecting what is good. It is grocers and marketing associations that say produce has to be a certain size and way to meet cosmetic standards. It's easier for them (grocers) to stack, the produce looks perfect.

Size is the biggest reason (for discarding), not blemishes. It is really bizarre how it is.

I've never understood why produce has to look good.
People believe that ugly produce isn't perfect, that there is something bad about it. I was like that, too. I think we have been conditioned that way — all we ever saw was perfect-looking produce, same-shape apples, size and colour. Even at farmers' markets, I found that produce that wasn't perfect gets turned over. It is basically a developed-world problem.

The campaign has a massive following on social media. How did you make — as some would say — ugly produce look so pretty and palatable?
People have been drawn in because these images are quirky and funny. I used to post just what I saw. I get photos from all over the world now. It started slow — I would just post pictures but once I started writing funny captions that is when it started to take off. One time, Jamie Oliver (the British celebrity chef) retweeted four tweets and my phone didn't stop buzzing!

What do you want the campaign to achieve?
It's really simple: all stores should sell all produce. There is nothing wrong with deformed fruits and vegetables. Also, it is a burden for farmers. For the most part, farmers barely make a living in the U.S. and in Canada. If their produce isn't accepted by grocers, they have to throw it away and they lose money. Big grocers can sell all this produce, with incentives or without. Changing the way they do business is an uphill climb.

Is there one vegetable or fruit that tends to be more imperfect or quirky than others?
Carrots are funny. I could post carrot pictures every single day. The shapes can be amazing: a carrot can look like a hand with five fingers, a carrot can be intertwined with another to make it look like someone making love. I can't even post some of them because they are so graphic.

This interview has been edited and condensed for length and clarity. TORSTAR NEWS SERVICE

Carrots are funny. I could post carrot pictures every single day.
Jordan Figueiredo

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EVERY STORY STARTS
WITH A RESERVATION

The key to old age: Three eggs per day

LONGEVITY

World's second oldest person marks 116, shares secrets

Emma Morano, inset, who turned 116 on Monday, partly attributes her longevity to eating three eggs a day. ISTOCK/AP

Emma Morano, Europe's oldest person and the second oldest in the world, marked her 116th birthday by offering to sing her favourite song for visiting well-wishers, Italian media reported Monday.

Morano, one of only two women alive certified to have been born in the 19th Century, reached the milestone on Sunday in her little one-bedroomed flat in Verbania, a small town in the northern region of Piedmont.

"I'm fine, I'm fine and as long as it stays like that I will remain with you," she was quoted as saying.

"You know I have a beautiful voice, if you like I can sing Parlare d'amore Mariu (Talk to me about love, Mariu)."

In an interview with the New York Times earlier this year, Morano attributed her longevity to having left a violent husband in 1938, shortly after the death of her only child at seven months, and to eating three eggs a day for much of her life.

Diagnosed with anaemia at 20, she was advised to eat two raw and one cooked egg every day, a regime she maintained for 90 years.

Susannah Mushatt Jones, the American who is the only other member of the 116 club, also attributes her longevity to many decades of living on her own, having been married for only five years between 1928 and 1933.

The Brooklyn resident is also a regular egg eater — although she prefers hers scrambled and served with four rashers of bacon.

AFP

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Breakfast cereals

We've always heard breakfast is the most important meal of the day. A nutritious bowl of cereal is a quick and easy way to get energized in the morning. While we know the candy-coloured kid's cereals are ones to skip, not all whole grain cereals are as healthy as you'd think. Also, the indicated serving size is rarely followed, since we tend to pour freely. A 2-cup serving is more realistic.

PICK THIS

Multi-Grain Cheerios (2 cups)

Calories 220
Fat 3g
Sugar 12g (3tsp)

SKIP THIS

Maple Raisin Nut Muslix (2 cups)

Calories 613
Fat 12g
Sugar 40g (10tsp)

HERE'S WHY

Equivalent: same amount of sugar as four Tim Hortons Chocolate Dip doughnuts

Whole grains are a great choice for breakfast, making both Multi-Grain Cheerios and Muslix seem like comparable choices for a smart cereal, but take a closer look. Muslix does have healthy whole grains, barley, fruits and nuts, but there is close to three times the calories and sugar, and four times the fat. Though much of this is due to the addition of nuts and dried fruit, the coconut and palm oil in the Muslix is not necessary. Enjoy the Cheerios and add your own fresh fruit (not dried) and just a sprinkle of nuts or seeds to make for a more nutritious breakfast.

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5 BEST FOOD BOOKS OF THIS YEAR

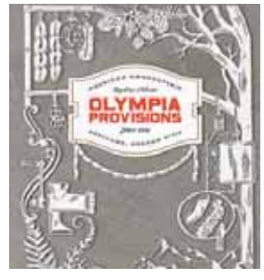
Have you ordered your copy of the latest five-ingredient-paleo-gluten-free-Nordic-kale smoothie cookbook yet? No? You know why? Because nobody actually eats that way —just don't tell the publishing industry. Here's a list of books about food that are actually useful, inspiring and interesting. **THE ASSOCIATED PRESS**

The New Sugar and Spice

Samantha Seneviratne has a fresh approach to what can feel like a tired niche — the baking book. She organizes her beautifully photographed cookbook by spice, so chapters are sorted by cinnamon, nutmeg, vanilla and so on. It's a different way to peruse — and be inspired by — a baking book. **Ten Speed Press, $27.50**

Olympia Provisions

Elias Cairo is a bit of an icon in the food world, particularly on the Portland, Ore., scene, where his Olympia Provisions has become a revered institution. What started as a salumeria has morphed into a mail order business, two restaurants and now a book. Are you likely to tackle its three-page recipe for homemade chorizo? Probably not. But you will LOVE the centerfold spread of 19 creative ways to dress hot dogs.
Ten Speed Press, $40



Kitchen Hacks: How Clever Cooks Get Things Done

The folks at Cook's Illustrated magazine have long collected kitchen tips and hacks from readers — the original culinary crowdsourcing. Now they've gathered their top 1,000 tips into one book (perfectly sized for stuffing in stockings). Nicely organized by circumstance (such as cleaning, food storage and how to transport things), the book is an amusing collection of ways to help you get the job done. Ideas include how to tame the tears when chopping onions (burn a candle), what to do when avocado pits get stuck on your knife (tap it on the counter) and how to pit olives using an upside down funnel.
America's Test Kitchen, $19.95

Milk Bar Life

If What Katie Ate on the Weekend is all about aspirational eating, Christina Tosi's book is dedicated to embracing your grubby inner child. Deliciously so. As the pastry chef and owner of Momofuku Milk Bar, she made a name for herself with crazy good creations like compost cookies, crack pie and cereal milk ice cream. Her latest book pulls her more into savory territory.
Clarkson Potter, $35

What Katie Ate on the Weekend

There is a growing genre of cookbooks that seem to exist mostly to let you know that the authors' lives are more delicious than your own. Katie Quinn Davies is right at home here, but I was drawn to her book anyway. I want her recipes, even if I have to wade through dozens of pages of lifestyle photos to get to them). **Viking Studio, $40**

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Group rowing is the new spin class

FITNESS

Advocates say it's low impact and works the whole body

Eva Kis
Metro | New York

Despite how it looks, the effort of rowing comes 60 per cent from the legs, 30 per cent core and just 10 per cent arms. ISTOCK

Gyms have been moving their equipment into classes for a few years now, from SoulCycle's stationary bikes to the recent spate of treadmill studios. Now a new star is emerging — and it could be the best workout yet.

"If I was locked on an island with only one piece of equipment to keep me in shape, rowing is what I would be doing because it does hit everything I need," says Eric Von Frohlich, co-owner of the boutique studio Row House.

Rowing was actually his dirty little secret back when he was a cycling instructor 10 years ago.

"I needed something that was a little more full-body," he recalls, so he sought out CrossFit, which led him to rowing.

He opened Row House in New York in March 2014 with his wife and business partner, Debra Strougo Frohlich, and they've just expanded to a second location last month. On the lines of gleaming Concept 2 machines, they teach classes focused on rowing intervals. They promise a strength and cardio workout that engages 88 percent of the body's muscles and burns up to 600 calories per session.

"The reason we really got into rowing is we saw across the board how helpful it was as a piece of apparatus for so many different points in life and for so many different populations," explains Strougo Frohlich. "And especially because we are New Yorkers and we're time-starved and at the end of the day it's the most efficient workout there is."

> **We are New Yorkers and we're time-starved and at the end of the day it's the most efficient workout there is.**
> Debra Strougo Frohlich, Row House

If you're starting from zero

Everything about the rowing experience is controlled by the user; Strougo Frohlich calls rowing the cardio version of yoga or Pilates. The pace is set by the user — the machine doesn't keep moving when you stop, like a treadmill or spin bike — and risk of injury is minimal because your feet are strapped into place and your knees and ankles remain aligned, with no chance of twisting or torquing.

"It really comes down to what you want to put into the activity," says Von Frohlich. "You're not limited by the equipment; you're limited by your fitness level and your ability to push as hard as you want to push. And that's something that's kind of beautiful and unique about it."

If you're trying to lose weight

Whether you have a little weight to lose or a lot, exercise can be unpleasant for many reasons. The constant jiggle of extra fat is not only uncomfortable but can be embarrassing, while the simple fact that you're carrying around more weight is tough on joints that would already be stressed by workouts like running.

On a rower, you're not only sitting — on a seat that's much larger than a spin bike — but the motion is virtually no-impact and your center of gravity is low, keeping you more stable.

"When you're on a rowing machine, you don't have gravity pulling down on you that way," Strougo Frohlich explains. "You don't feel like you're putting stress on your body; you feel like you're almost weightless."

Why take a class

Some rowing enthusiasts find they get into a Zen headspace — Strougo Frohlich calls it "almost meditative" — but many find the repetition monotonous and give up due to boredom. A rowing class adds a social aspect, creates a high-energy environment and mixes rowing with other exercises.

The classes at Row House, with beginner and experienced levels, have participants get off the machines for intervals of squats, lunges, stretching of the hips and hamstrings, and push-ups. "What we're doing off the rower is building up your ability to spend more time on the rower," she says.

If you sit all day

Sitting is the new smoking, as study after study has shown, affecting everything from brain function to raising your risk of diabetes — so more sitting may seem counter-intuitive.

But that's how rowing targets some of the problems that people who sit for most of the day can develop. "The (rowing) motion is something that just about everyone needs, which is posterior strength and opening/closing of the hips," says Von Frohlich.

When you push back on a rower, you're loosening up your tight hamstrings, sitting at the optimal 90-degree angle and engaging the shoulder, back and core muscles. (Despite how it looks, the effort of rowing comes 60 percent from the legs, 30 percent core and just 10 percent arms.) It all adds up to better posture while seated, standing taller and reducing stress on the neck.

If you're looking to get toned

Strougo Frohlich stopped doing spin classes and put on almost 40 pounds during her last pregnancy four years ago. When it came time to get back in shape, she found that rowing not only improved her out-of-whack posture but could do what the bike could not.

"Once I got used to the rowing machine, I saw that it was getting all the hard-to-reach areas that a spin bike just never gets," she says. "You continue to strengthen your legs, your core and your upper body, which is really what you need for life, granted, but also for carrying a new baby."

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Doctor with HIV says dog saved his life

WORLD AIDS DAY

Photo project tells story of emotional healing

Rob Garofalo was devastated. He'd built his medical and research career on helping young AIDS patients. Then he learned that he, too, was HIV-positive. The news came after he'd already survived kidney cancer and a breakup with his longtime partner.

Try as he might, the doctor could not heal himself, at least not emotionally.

"I couldn't afford myself the same compassion that I'd spent a career teaching other people to have," says Garofalo, who heads the adolescent medicine division at Lurie Children's Hospital of Chicago. At first, he told almost no one about his HIV status —not even his own elderly mother, who sensed that her son was struggling mightily during a Christmas visit in 2010.

"You can tell me that everything is OK, but it's not," she said, cupping her hands around her son's face at the end of his trip to his native New Jersey.

Garofalo recalls crying on much of the flight home to Chicago in a catharsis that led him to an unexpected decision, one that helped him in ways no human could and ultimately led him to a new role in the HIV community.

He got a dog.

It was a little Yorkshire terrier he named Fred. And everything changed.

Lynnea Garbutt and Daniel Cardenas are both HIV positive and say their dogs have given them strength and hope.
JESSE FREIDIN VIA THE ASSOCIATED PRESS

"I had this little bundle of, like, pure joy," Garofalo says. "He made me re-engage with the world."

The doctor, who's helped save many an AIDS patient, knows it sounds a little crazy that the companionship and simple needs of a pet could help him cope with his disease and pull him out of depression.

"But I'm not exaggerating when I say that he saved my life," says Garofalo, who'd considered suicide after his HIV diagnosis.

His journey back to life started with simple things. He had to leave the apartment where he'd isolated himself to buy food for Fred. He had to talk to the many people who wanted to stop and pet the little dog. Garofalo also found comfort when he'd awaken with one of his frequent night terrors and have Fred to snuggle.

Eventually, Garofalo sought counselling and told his mother and friends about his HIV status. As his energy level grew, he also started a charity using Fred's image to raise money for programs that help HIV-positive teens.

He began a project called When Dogs Heal, with the help of a dog photographer named Jesse Freidin and a Chicago-based writer named Zach Stafford. It tells the stories of HIV-positive people and their dogs in an exhibit launching in Chicago today, which is World AIDS Day, and also in New York City two days later.

Participants whose images are in the show include a young mother from Los Angeles who was born with HIV, a Chicago man who tested positive after he was gang raped, and an HIV-positive man in San Francisco who quit dealing drugs so he could provide a more stable life for himself and his newly adopted dog.

"I would be in bed and not want to get up, but this little doggy was whining, licking my neck and needed to get outside. I had to get up," says Lynnea Garbutt, the young mom. She says her wirehaired fox terrier, Coconut, eventually helped her muster the courage to leave an abusive relationship and also prepared her to care for her daughter, who recently turned 1 and is not HIV-positive thanks to medical interventions.

Though many participants' stories have difficult elements, Freidin, the photographer, said the exhibit also shows "something joyful." THE ASSOCIATED PRESS

DID YOU KNOW?

Having a dog reduces anxiety in kids
New York researchers have discovered that the presence of a dog in a home reduced children's anxiety. By creating a bond, stimulating conversation and facilitating social interaction, a canine companion helps to increase levels of oxytocin (the hormone which plays a role in attachment and the mother-child bond) and to reduce levels of cortisol (a hormone which controls our metabolism).
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Quality sex leads to healthy life: Study

RESEARCH

Relationships improve with higher frequency

Jessica Smith Cross
Metro | Toronto

When it comes to sex, researchers at the University of Toronto have found that quantity does not necessarily mean quality.

"Past research and media suggest that more sex is better and we were curious if this was actually true or if there would be a point at which more sex was no longer associated with greater well-being," said lead researcher Amy Muise.

Muise analyzed the results of three different surveys for a correlation between the frequency of sex and overall happiness, and published the results in the journal Social Psychological and Personality Science.

She found people in relationships are happier if they have sex at least once a week — but an increase in sex frequency beyond that had no additional impact on their happiness.

Most couples had sex about once a week, she said.

One of the data sources Muise used contained data on the quality of sex, and she found that unlike quantity, the quality of sex has a direct correlation with well-being.

"Not surprising," she said.

"I think the take-home message is that in general it is important to maintain a sexual connection with a romantic partner, but it is also important to have realistic expectations for one's sex life, given that many couples are busy with work and family responsibilities," she said.

The study also looked at the correlation between income and well-being. It found that having sex once a week made people happier than earning an extra $50,000 a year.

> **It is important to maintain a sexual connection with a romantic partner.**
> Dr. Amy Muise

Dr. Amy Muise found that most couples have sex once a week. COURTESY UNIVERSITY OF GUELPH

OPINIONS

Experts differ on paper

"I think it's a strong paper because they've taken three large, separate studies and found the same finding across all three studies," said Heather Armstrong, a research associate in the University of Ottawa's Human Sexuality Research Laboratory.

But the direction of the link is harder to determine, according to Kristen Mark, director of the Sexual Health Promotion Lab at the University of Kentucky.

"Maybe couples who are having sex once a week are just happier to begin with," she said. "And we don't know if that once a week — that magic number — is causing higher well-being, or the other way around."

Either way, Dr. David McKenzie, a Vancouver-based couples and sex therapist, doesn't buy it.

"In my clinical experience, this doesn't hold true," he said, adding most couples he sees prefer to have sex twice a week on average."

TORSTAR NEWS SERVICE

NOTICED NATIONWIDE THE DRESS Weather reporters across the U.S. have been wearing the same dress from Amazon. The dress was reportedly originally shared to a private Facebook group for weather broadcasters, and took off from there because it adhered to the guidelines meteorologists are subject to when it comes to what they can wear on TV. "At $23 we could buy a handful of these dresses for what we normally pay for just one," Meteorologist Shelby Hays told TechInsider." Many female meteorologists are subject to a strict dress code for what they can and cannot wear on air. Patterns are considered 'too busy' and there are often regulations on sleeve length or style," Tech Insider reported. FUJITAGIRL83/IMUGR.COM

JOHANNA SCHNELLER **WHAT I'M WATCHING**

A strained self-awareness

Doll & Em: Season 2, Episode 5 (HBO)

The actress Emily Mortimer (The Newsroom) and her best friend Dolly Wells, playing fictionalized versions of themselves, have written a semi-autobiographical play that's about to open off-Broadway. The rehearsal process has been fraught; there's palpable tension between the playwrights and the actresses playing them, Olivia Wilde and Evan Rachel Wood. Now all four women are sitting with an eager reporter.

"Why did you cast much younger actresses to play you?" the reporter asks Em.

"I wouldn't say 'much' younger," Em demurs.

"Oh, yes, much," Wilde and Wood sputter.

"At least ten years," the reporter says blithely.

"Really, ten years?" Em mutters, rattled yet irked.

This series is nothing if not subtle — the humour sneaks up on you. Only after I finished all 12 episodes (divided over two seasons) did I really get it: It's about reinvention.

How easy it is to get stuck in one definition of ourselves. How much we yearn to change, to become someone no one expects us to be. And how difficult it is to break out of that box — because of self-doubt, yes, but also because others don't want us to.

Wells and Mortimer, creators and stars of Doll & Em. CONTRIBUTED

The show's creators, Mortimer, Wells, and Azazel Jacobs, made the smart decision to throw no external obstacles in Doll and Em's path: They easily land a producer, a theatre, a cast. So they'll either succeed by their talent, or fail on their limitations. Em is a star and Doll a civilian, but their problem is the same: Whatever happens, it's all on them.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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LEARNING CURVE

KPU INSTRUCTOR RECEIVES HONOUR

CONTRIBUTED

It has been a gratifying past few months for Kwantlen Polytechnic University (KPU) Criminology instructor Galib Bhayani. The 23-year veteran of the RCMP was honoured both locally and nationally.

Insp. Bhayani received the Police Officer of the Year award from the Surrey Board of Trade last month, and thanks to his service and tenure, Bhayani also received the Order of Merit of the Police Forces from Gov. Gen. David Johnston.

The decorated officer spoke in a media release about his recent acclaim and was quick to credit those who he works and partners with.

"I think the best way to sum up the recent recognitions is in one word: collaboration," Bhayani says. "My achievements could not be possible without the partnerships and relationships I have with the community and with institutions such as KPU who are developing our community safety leaders."

Bhayani has taught criminology at KPU since 2009, where he incorporates innovative social justice programming that responds to issues around mental health, poverty and addiction. He also leads the Surrey RCMP's first ever community mobilization process, which aims to improve outreach and community engagement with local residents.

"Keeping a community safe and healthy takes significant work from all those that live, work and play in the City of Surrey," he says. "I am proud to be part of a polytechnic such as KPU which continues to be recognized as a leader in education, innovation and social responsibility."

"It's truly remarkable to have Galib Bhayani as a faculty member in the Faculty of Arts. His continuous inspiration and dedication to his students make him an asset to KPU and I'm so pleased to have him as a valued colleague," says Diane Purvey, dean of the Faculty of Arts. "These two awards speak to his immense contribution to community engagement, which is at the heart of KPU's polytechnic mandate. I am proud of Inspector Bhayani and I know he'll continue to do great things in the community and at KPU."

Light up your career at Vancouver Career College

The demand for skilled electricians is growing in B.C. According to the provincial government's most recent BC Labour Market Outlook report, there will be a need for more than 5,000 additional electricians in the province by 2024.

Now, newly-graduated high school students, or mature students looking to make a career change in Vancouver, can pursue a successful career as electrician. The Construction Electrician Foundation program at Vancouver Career College is a great place to start.

The program prepares students with the skills and knowledge they need to succeed, with courses including Analyzing Electrical Circuits, Prints and Drawings and Introduction to Power Tools. The focused curriculum gives students the suite of skills they need to enter an electrical apprenticeship.

In less than a year, the program gives students the theoretical knowledge and hands-on practicum that will equip them for an apprenticeship — with an incredible success rate. In 2014, more than 97 per cent of grads from this program were hired after graduation.

Graduates go on to diverse and exciting jobs, including installation and maintenance of electrical power, lighting, and data and communication.

Vancouver Career College's Burnaby and Surrey campuses are recognized as Designated Training Providers by the Industry Training Authority (ITA).

CONTRIBUTED

Find out more about the program at Vancouver Career College online at study.vccollege.ca, or by phone at 1-800-993-4086.

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Columbia College proud of legacy

In 2016, Columbia College will celebrate its 80th anniversary and, in addition to events for students and dignitaries, it is an opportunity for the school to highlight its legacy as Canada's longest established international private college.

"We were pioneers in that area," says Peter Ashby, Columbia's director of admissions. "In the 1970s, the school started travelling to places like South East Asia and recruiting. We didn't have a name for ourselves, so it was quite a feat."

Before Columbia became known as a liberal arts college providing first and second year university transfer courses, associate degrees, a university preparatory foundations program and English language instruction to international students, it was a place for anyone whose education had been interrupted.

"It was and is a university pathway," says Ashby. "After World War II, for example, we had veterans who had come back from war. We also had students who had not succeeded in high school because back then night school wasn't offered or students who wanted to go to university, but couldn't meet admission requirements."

With the rise of public colleges in the 1960s, Columbia began to serve the needs of international students. Quickly, international education became a specialty.

"We've always responded to changing demands," says Ashby. "Now we're seeing a bigger demand for associate degrees, so we're going to broaden our offerings. We'll also be adding a criminology university transfer program over the next year."

Columbia College has a long history of providing students with the skills to succeed.

JEFF VINNICK IMAGES

ECF focuses on all stages of careers

CONTRIBUTED

Whether you are a job seeker, interested in changing careers, a graduate student, recently completed post-secondary education or still in high school and want to learn about educational and career options, Education and Career Fairs (ECF) has you covered.

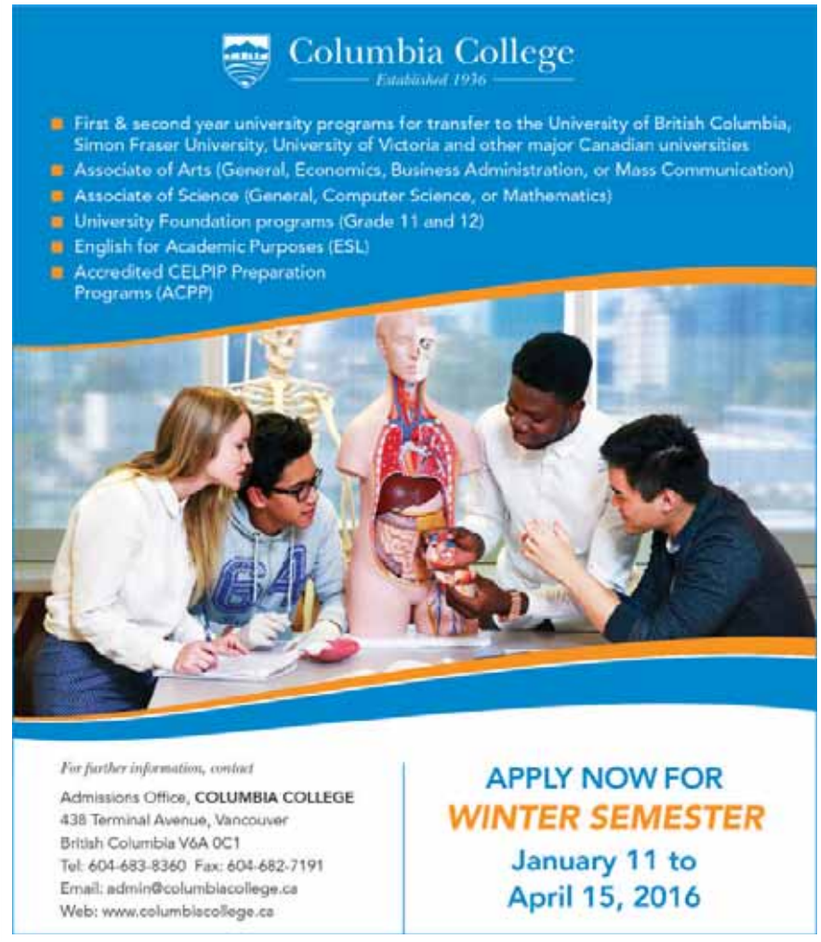
"Exhibitors represent colleges, universities, career training institutes, employers and associations, trades and technology. Also highlighted are global study, work and volunteer options," says Lily Chang, trade show manager of ECF, which rolls into the Vancouver Convention Centre this December. "We focus on all stages of a career from education right to employment."

In addition to booths, some exhibitors will offer presentations and seminars that, says Chang, will allow attendees to make further connections between their education and career goals. She advises attendees to plan their visit in advance to maximize the experience.

"It's a lot to take in so if you review our exhibitor list and seminar schedule ahead of time you will be able to interact with the organizations of most interest to you," she says.

Hosted by ECF Management Inc., a division of International Conference Services, Ltd., the fair is in 19th year and will feature organizations and educational institutions such as Canada Border Services, Industry Training Authority, Vancouver Film School, Simon Fraser University and many others.

ECF takes place Dec. 11 from 9 a.m. to 3 p.m. The event is $5 at the door before noon and free after noon. For more information, visit educationcareerfairs.com/attendees.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Langara alumni truly Outstanding

Trio honoured at 2015 awards ceremony

CONTRIBUTED

A naturopathic physician, a politician and a creative director are the 2015 recipients of the Langara College Outstanding Alumni awards.

Dr. Pushpa Chandra, the Honourable Herb Dhaliwal, P.C., and Reanna Evoy were presented with their awards at the Rosewood Hotel Georgia in Vancouver on Oct. 29. Among those in attendance at the award ceremony were over 100 Langara alumni, past Outstanding Award winners, and Langara staff.

Since graduating from Langara's nursing program in 1980, Dr. Pushpa Chandra has put together a very impressive resume in the medical field. Throughout her career, she has worked as an intensive care nurse at BC Children's Hospital; a naturopathic doctor specializing in integrative pediatric care and sports medicine, and volunteered for Operation Rainbow — an organization that provides medical treatment and surgery to under privileged children in India.

An alumnus of the Arts and Sciences department from 1972, the Honourable Herb Daliwal, P.C. has enjoyed a successful career as a politician. He has held several different political positions, including Member of Parliament for Vancouver South, Minister of National Revenue, Minister of Fisheries and Oceans, Minister of Natural Resources for BC.

Reanna Evoy was a member of the 2002 class of Langara's Publishing Techniques & Technologies program. She was honoured for her award-winning creative work as the art director for Air Canada's enRoute magazine, and creative director for ALDO and Call It Spring brands.

"We are so honoured to have Dr. Chandra, the Hon. Mr. Dhaliwal, and Ms. Evoy as part of the Langara community, " said Ajay Patel, associate vice-president, International and External Development in a media release. "It is both humbling and inspiring to see how, each in their own way, they have positively influenced and shaped the communities they serve through their leadership, commitment, and creativity. It is wonderful to be able to celebrate their achievements together as a community."

For more information, visit langara.ca.

NYIT LOOKS TO EXPAND ITS OFFERINGS

SHUTTERSTOCK

New York Institute of Technology (NYIT) Vancouver recently opened its doors to showcase the latest developments, future plans and student success stories to the school's supporters.

"Our annual open house was held in November to connect with our community, including partners, advisory board members, alumni, faculty, staff and senior students," says Paul Dangerfield, dean and executive director of the Vancouver campus.

During the open house, which was attended by more than 100 people, Dangerfield shared how student life and academics at NYIT have developed over the past year. For example, he says, academically, the school is looking to expand its offerings in the fields of education and energy. In student engagement, meanwhile, NYIT has launched several important initiatives.

"Students can get tied down in their studies so it's important that they have outlets outside of the classroom," says Dangerfield. "For example, we increased the number of opportunities for students to partake in activities, from cultural celebrations to health and wellness initiatives like a hiking club."

The event also allowed current students and recent graduates of NYIT's master of science in information, network, and computer security and master of business administration programs the opportunity to highlight some of the work they completed during their time at the school.

"Our practicum and internship partners who were in attendance really got to see the benefits of their investment in the development of our young people," says Dangerfield.

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NYIT

MTI creates leaders in childhood care

CONTRIBUTED

For about the past 15 years, through its early childhood care and education (ECCE) certificate, MTI Community College has been equipping students with the knowledge and skills they need to work with children in any childcare setting.

"After completing the program, students tell us that what they studied has helped them be confident in joining the workforce," says Komela Kiafar, the campus director of the school's Vancouver location. "I think this speaks to not only our curriculum, but also to our supportive instructors, who have at least three years of experience in the field and keep themselves continuously updated on the latest, and our small class sizes that allow us to pay attention to students' individual needs."

The 48-week program is made up of theory and labs that cover essential topics such as child growth and development, advocacy, parent, teacher and community relations; emergent curriculum, emergent art, health safety and nutrition as well as a practicum.

"MTI has built a very good relationship with all Lower Mainland licensed daycares and preschools, which allows students to get great real world experience during the 10 weeks they spend in the field," says Kiafar of the practicum, which is broken up into two five-week stints at two different organizations. "When they learn all the theory and practical application in class, it's kind of like the puzzle pieces. The puzzle comes together in the practicum."

Ahead of their real world experience, students are prepared through hands-on learning that includes everything from practicing to make snacks for children to conducting circle time, singing songs, creating fun math activities and more. MTI ECCE students are also sent on observations to local daycares and pre-schools.

Once they complete their studies, says Kiafar, students receive an MTI certificate and qualify as licensed early childhood educators in British Columbia. The licence is mandatory for working with children in daycares, pre-schools or opening a daycare.

For looking to obtain more specialized training so that they may eventually enter director, management or supervisor roles MTI offers diploma programs in the infant and toddler, and special needs areas of early childhood care and education.

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Langara's RMT program accredited

Quality recognized by new designation

The Registered Massage Therapy (RMT) program at Langara College recently received a prestigious designation. The school launched the program two years ago and has now received full recognition from the College of Massage Therapists of British Columbia (CMTBC).

"We are very excited at Langara Continuing Studies to be the first public college in British Columbia recognized by the CMTBC," says Daniel Thorpe, Dean of Continuing Studies. "I'd like to credit our Health and Human Services team for developing the RMT program, and for successfully steering it through the formal process.

"This is a just reward for their efforts and will provide our students with a great, practical credential to recognize the training they receive here."

Langara first launched the RMT program in 2013. The two-year certificate program bends together theory and practice to offer students unparalleled depth and a comprehensive approach to the profession. Now that the program is fully accredited, Langara students are able to write CMTBC's entry-to-practice exams and become registered massage therapists. Trained therapists have opportunities to work across a broad spectrum, including medical clinics, spas, wellness facilities, and as adjuncts to sports teams.

The two-year, full-time program is available for entry in both September and January at Langara's Broadway Campus in Vancouver. The first cohort of students will graduate in December 2015.

"We are optimistic that the college environment will play an important role in students' professional development across Canada," said Dr. Linda Turner, Manager, Continuing Studies Health and Human Services. "We are extremely proud at Langara College to provide excellence in complementary modalities of health care to the Canadian public."

CONTRIBUTED

To learn more about Langara's RMT program, visit langara.ca/continuing-studies.

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Practical nursing is one of the most respected and in-demand careers out there, and a great way to jump into the health-care sector with both feet.

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Practical Nursing students at CDI College Business Technology Healthcare are educated and trained by high-calibre, experienced practical nurses who work in the field. Clinical placements are included in the program to provide students with as much hands-on practice as possible to help them bring a depth of experience immediately into a job in the field.

CONTRIBUTED

If you're looking to become part of a dynamic health care team and make a difference in patients' lives, practical nursing may be for you.

The Practical Nursing Program at CDI College enables students to meet all competencies and standards set out by the College of Licensed Practical Nursing British Columbia (CLPNBC).

Graduates of the program have repeatedly achieved over 87 per cent passing rates on the Canadian Practical Nurse Registration Examination (CPNRE), often scoring higher than the national average.

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VCC language program puts you on the fast track

When, after graduating from university, Caleb Lee decided to go back to school, he chose Vancouver Community College's (VCC) teaching English to speakers of other languages (TESOL) certificate program. The six-and-a-half-week offering put him on the fast track to career success.

"I started pounding the pavement as soon as I finished college and got hired on the spot at a local international school," says Lee, who has since gone on to teach at another organization.

VCC, which has offered the certificate program and a 10-month TESOL diploma program for more than 20 years, regularly holds information sessions. The next one on Dec. 2, says the assistant department head of the college's English as an additional language department who is in charge of the TESOL area, will go beyond essential facts.

"Teaching English is fun and so are our info sessions," says Joann Chernen. "Attendees will learn about the delivery and logistics of the program, including the application procedures, tuition and workload. I will also mention why it is important that our program is TESL Canada recognized and touch on current trends in the field. Attendees can then ask questions."

Because VCC TESOL applicants are required to have a university education, says Chernen, it allows the school to deliver a program with a high level of academic rigour.

THERE'S ALSO AN ADVENTURE ELEMENT TO TEACHING ENGLISH BECAUSE OF THE POSSIBILITY OF GOING ABROAD.
– Joann Chernen

"VCC is well known for bridging the theory-practice gap," she says. "Students learn theory then partake in practical applications such as simulated teaching and preparing lesson plans. They also complete a practicum. So, when they graduate, they feel ready to step into a class and teach."

Another element that gives VCC's TESOL programs mass appeal, says Chernen, is that career prospects range from local to international.

"If people want to teach locally, they often start at one of the many private language schools in Vancouver or at immigrant serving organizations," she says. "There's also an adventure element to teaching English because of the possibility of going abroad."

The Dec. 2 information session starts at 6 p.m. in room 916 at VCC's Downtown campus. Applications for the certificate program's February intake are now being accepted.

VCC.CA

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Join us for a free information session

Program	Campus
Automotive trades Tuesday, Dec. 1, 11 a.m. – lobby, building A	Broadway
English as an additional language Tuesday, Dec. 1, 6:30 p.m. – room 916	Downtown
Adult upgrading Wednesday, Dec. 2, 3 p.m. – room B1228	Broadway
University transfer Wednesday, Dec. 2, 3 p.m. – room B1228	Broadway
Teaching English to speakers of other languages (TESOL) Wednesday, Dec. 2, 6 p.m. – room 916	Downtown
English as an additional language Thursday, Dec. 3, 10:30 a.m. – room 3654	Broadway
Baking and pastry arts Thursday, Dec. 3, 10:20 a.m. – room 216	Downtown
Access to careers and education Monday, Dec. 7, 11 a.m. – room 236	Downtown
Legal administrative assistant Monday, Dec. 7, 4 p.m – room 618	Downtown

Downtown campus
located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus
located at 1155 East Broadway, one block west of Clark Drive, across from VCC/Clark SkyTrain station.

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Right-handed starter Johnny Cueto has reportedly rejected a six-year, $120-million offer to join the Arizona Diamondbacks

Eskimos shed mediocre tag

CFL

Longtime staff, players, fans rewarded with Grey Cup

The Edmonton Eskimos returned home with the Grey Cup Monday in what the team and fans agreed was as much a celebration of excellence as an exorcism of a decade of mediocre football.

"Having been here my entire career ... those dark years were really personal for me, and we worked tirelessly at trying to make sure that we could deliver something that these fans deserve," said Eskimo general manager Ed Hervey.

Eskimos quarterback Mike Reilly agreed, as behind him fans took pictures of the slightly pockmarked Cup as it sat on a table in the airport reception lounge.

"It's been 10 long years and we're just excited about having the opportunity to go and take that cup to our fans," said Reilly.

"We all did it together. They stuck with us through the dark times and that's what we had to go through to get to the bright times."

The Eskimos brought home their 14th Grey Cup, landing before noon at the Edmonton International Airport in a plane decorated in CFL team logos.

They were greeted by green and gold clad fans, cheering, blowing horns and singing the team's fight song.

Eskimos head coach Chris Jones carries the Grey Cup through the airport after returning to Edmonton on Monday.
JASON FRANSON/THE CANADIAN PRESS

With players, their families and fans it was over 200 people in the waiting lounge.

The Eskimos defeated the Ottawa Redblacks 26-20 at Investors Group Field in Winnipeg for their first Grey Cup win since 2005.

But it wasn't just the decade-long drought that followed that left a dry taste in fans' mouths. It was also the chronic mismanagement tinged by moments of melodrama for a team that was once the (green and gold) standard of the league.

> **I think I'm most proud of (the fact that) the culture of the Edmonton Eskimos is back.**
> GM Ed Hervey

Until 2006, the Eskimos had not missed the playoffs since 1972, a string of 34 consecutive seasons.

The Eskimos had authored two dynasties, for three years in the mid-1950s and then five in a row starting in 1978.

But since 2006 the Eskimos have not strung together more than two consecutive playoff seasons, missing the post-season four times. When head coach Chris Jones took over in 2014, he inherited a 4-14 ballclub.

Coaches came and went: Danny Maciocia, Richie Hall and Kavis Reed.

Eric Tillman came in as general manager in 2010, traded franchise quarterback Ricky Ray, frittered away the lifeblood Canadian content on the roster, and was gone by 2012.

Anger often boiled over, like in 2009, when defensive end Xzavie Jackson, after a fight with teammate Aaron Fiacconi in practice, left the field only to return moments later, marching toward Fiacconi with a shovel. Maciocia managed to intervene.

Even Hervey, the famous former Eskimos receiver who took over for Tillman in 2012, was not immune.

Frustration in 2013 over what he was seeing on the field led him to angrily announce roster and play-calling changes that led to questions over whether Reed had become a figurehead coach.

Lori and Seth Noble, season ticket holders since 2008, endured most of that, but said they always believed the team would come around.

"We've been hanging in there through the rough years, but we've always seen really good potential," said Lori, one of the fans on hand to greet the team.

Seth said they had come from a long night of celebrating the Cup win in Drayton Valley.

"It was great," said Seth. "It's what we've been waiting for."

THE CANADIAN PRESS

PARTY TIME

The city will host a noon-time downtown Cup celebration for the Eskimos on Tuesday.

'We've been built to do this multiple times'

Mike Reilly doesn't see the Edmonton Eskimos being one-hit wonders.

The Grey Cup MVP believes the Eskimos have the framework in place to win multiple championships.

"We'll celebrate it, recoup for a couple of months but then the work gets that much harder because we're not built to do this once," Reilly said. "With the GM we have, the coaching staff we have and the players they've brought in, we've been built to do this multiple times and it's on us to make sure that happens."

The road to the Grey Cup hasn't always been a smooth one for Reilly and the Eskimos. In 2013, the club finished last in the West Division with a 4-14 record before hiring head coach Chris Jones.

In 2013, Edmonton showed marked improvement, finishing second in the conference with a 12-6 record. But Calgary was a huge thorn in the Eskimos' side, sweeping the season series 4-0, including a one-sided 43-18 victory in the West Division finale en route to capturing the Grey Cup.

But Edmonton exorcised those demons this season, finishing tied with Calgary with a CFL-best 14-4 record but garnering first in the West by virtue of winning the season series 2-1. Then the Eskimos dispatched the defending champions 45-31 in the division final.

"It's been a process," Reilly said. "I think through the 4-14 season we learned how not to win, we learned how to lose the close games.

"Last year we learned how to win those close games but we learned how to lose the big games. This year we finally learned how to win the big ones. It's been a three-year process in my mind and that's why I say I think we've been built for the long haul to do this multiple times."

THE CANADIAN PRESS

Mike Reilly
GETTY IMAGES

GM'S WORRIES

Edmonton GM Ed Hervey has plenty of work to do this off-season, with the likes of kicker Sean Whyte, running back John White, receivers Adarius Bowman and Shamawd Chambers (Grey Cup's top Canadian), defensive lineman Almondo Sewell, linebacker J.C. Sherritt and defensive back Aaron Grymes all projected to become free agents. And then there's Chris Jones, who the Saskatchewan Roughriders are reportedly interested in speaking to regarding their vacant head coach/GM positions.

Oilers can't beat bright Sparks

NHL

Leafs' goalie makes history with shutout on league debut

Shutouts don't come easy for the Maple Leafs. Rookie Garret Sparks made it happen Monday night. The 22-year-old Sparks stopped 24 shots in his NHL debut to lead Toronto to a 3-0 win over the visiting Edmonton Oilers on Monday.

It was the first time since Dec 23, 2014 that the Leafs shut out their opponent, with Jonathan Bernier blanking the Dallas Stars 4-0 that night. Monday was also the first time any Leaf netminder earned the shutout in his debut.

Leo Komarov, with two, and Nazem Kadri supplied the offence for the Maple Leafs (7-11-5), who snapped a three-game skid. James van Riemsdyk chipped in with three assists. Anders Nilsson turned away 23-of-25 shots for the Oilers (8-14-2), who wrapped up tough road trip at 1-3-1.

Both teams had only a shot apiece through the first 10 minutes of the game. Edmonton led 8-3 heading into first intermission, but Toronto put on pressure in the second to even the shots 16-16 after 40 minutes.

Komarov opened the scoring on the power play with his team-leading — and career high — ninth goal of the season 6:45 into the first.

Oilers' Justin Schultz managed to get the puck past Sparks but hit the post and Ryan Nugent-Hopkins rang the iron for the second time in the middle frame with just over five to play. The two clubs traded chances early in the third before Kadri made it 2-0 at 7:33 before Komarov added an empty netter late on.

THE CANADIAN PRESS

MONDAY in Toronto

3	0
LEAFS	OILERS

SCORES

Clutterbuck to Islanders' rescue against Avalanche

Cal Clutterbuck broke a tie 1:52 into the third period and the New York Islanders beat the Colorado Avalanche 5-3 on Monday.

Kyle Okposo, Mikhail Grabovski, Casey Cizikas and Ryan Strome also scored for the Islanders.

NY Rangers continue to dominate Hurricanes

Mats Zuccarello and Oscar Lindberg scored first-period power-play goals and the New York Rangers beat Carolina 4-3 on Monday.

New York improved to 18-1-0 in its last 19 meetings with the Hurricanes.

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NHL CANUCKS AIMING TO EXTEND LEAD OVER DUCKS IN PACIFIC DIVISION Vancouver's Ryan Miller, right, and Chris Tanev, left, battle with Ducks' Nick Ritchie for a loose puck during the first period at Honda Center in Anaheim, California. The 5th-placed Ducks were hoping to eat into the four-point lead held by the 4th-placed Canucks. SEAN M. HAFFEY/GETTY IMAGES

NHL IN BRIEF

Rangers' Stepan out for 4-6 weeks with broken ribs

Rangers coach Alain Vigneault said centre Derek Stepan will miss four to six weeks because of broken ribs.

Vigneault made the announcement Monday following the New York Rangers' morning skate. Stepan injured the ribs in Friday's loss to Boston. He has six goals, six assists in 23 games this season. The Rangers called up Jayson Megna from their American Hockey League affiliate, the Hartford Wolfpack. THE ASSOCIATED PRESS

First star for Dallas' Benn

Dallas Stars left-wing Jamie Benn, Washington Capitals goaltender Braden Holtby and Montreal Canadiens centre Alex Galchenyuk have been named the NHL's three stars of the week.

Benn shared the league lead with four goals and six points as the Stars continue their best start to a season in the franchise's 48-year history (19-5-0, 38 points). Holtby posted a 4-0-0 record with a 1.75 goals-against average, .945 save percentage and one shutout to lead the Capitals to the top of the Metropolitan Division standings. THE CANADIAN PRESS

Montreal Canadiens' goalie Carey Price BRUCE BENNETT/GETTY IMAGES

Habs facing long spell without Price

The Montreal Canadiens survived one nine-game stretch without star goaltender Carey Price, but now they'll will be missing him a lot longer. The Canadiens announced Monday that Price will be out at least six weeks with a lower body injury that he sustained during a 5-1 win over the Rangers in New York last week. He will not require surgery.

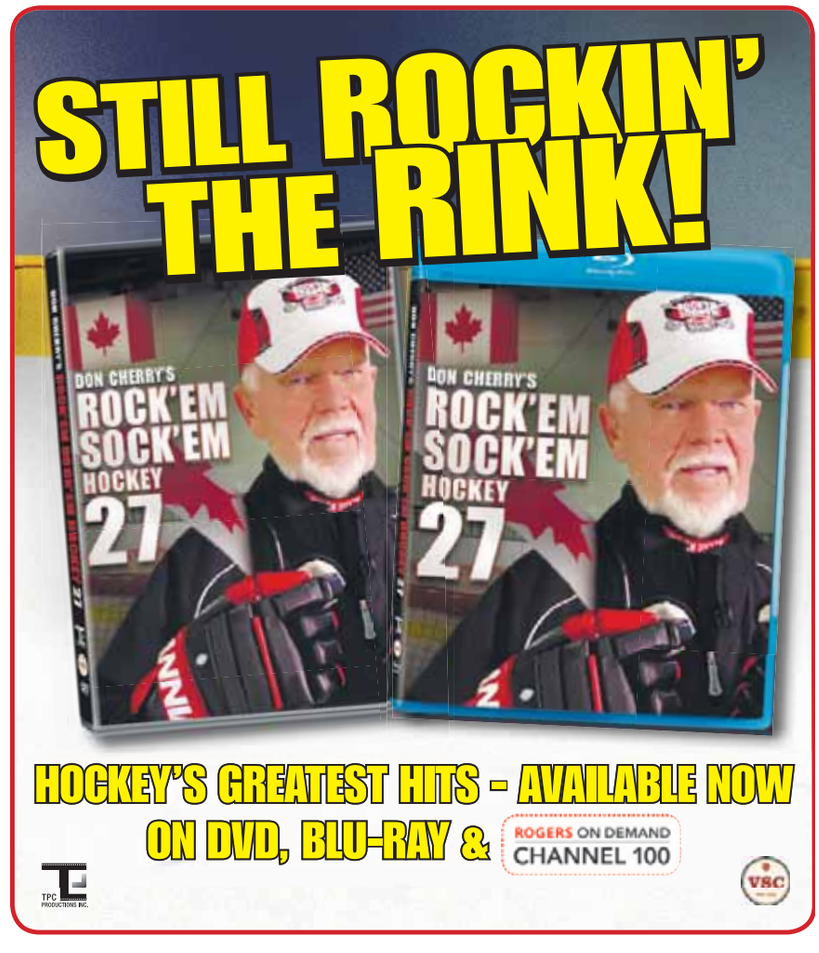
Last season's Hart and Vezina trophy winner is expected to miss at least 16 games, with only a slim chance he could return for the Winter Classic outdoor game Jan. 1 in Boston, if he heals quickly.

"He's a big part of our team," said defenceman P.K. Subban. "But if we think we're going to get any sympathy from the teams we're going to play in the next six weeks, we're not.

"The good thing is we've had to deal with not having Price in the lineup for a little while already and we know what that means. We have to pull our socks up."

The injury returns first-year back-up Mike Condon to the hot seat. The Boston-area native went 5-2-2 the last time Price was out from late October to mid-November, although he started to look shaky at the end of that run.

THE CANADIAN PRESS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MLB IN BRIEF

Zimmermann joins Tigers

Free agent pitcher Jordan Zimmermann has finalized a $110 million, five-year contract with the Detroit Tigers.

Zimmermann gets $18 million in each of the next two seasons, $24 million in 2018 and $25 million in each of the final two years. As part of the agreement announced Monday, he has a full no-trade provision through 2018, then can be dealt to 10 teams without his permission during 2019-20.

THE ASSOCIATED PRESS

Bonds back in baseball?

Barry Bonds might soon be tutoring Giancarlo Stanton, slugger to slugger.

Bonds is talking with the Miami Marlins about working for them as a hitting coach, a person familiar with the discussions said Monday.

The Marlins' interest in the steroids-tainted home run king was first reported by CBSSports.com.

THE ASSOCIATED PRESS

Warriors still perfect

NBA

Golden State now 19-0 after nipping Utah

Stephen Curry scored 26 points and the Golden State Warriors held on for their NBA-record 19th consecutive win to start the season after a 106-103 victory over the Utah Jazz on Monday night.

With the game tied at 101 with 51 seconds left, Curry hit a three-pointer from the left wing to give the Warriors the lead. Rodney Hood scored 14 seconds later to bring the Jazz within one.

After Curry missed a three-pointer, the Jazz had a chance to take the lead, but Hood missed a three from the wing with five seconds left. Curry hit two free throws to seal the victory as Gordon Hayward's half-court at the buzzer fell way short. Klay Thompson added 20, including four three-point baskets.

Hayward led the Jazz with 24 points.

The Warriors have won 23 straight regular-season games dating back to last season.

The two teams went back and forth down the stretch hitting shots in the fourth quarter. Alec Burks scored six straight and Favours gave the Jazz a 99-97 lead on a three-point play. Then Curry hit another three-pointer.

A pair of Favours free throws tied the game at 101.

Warriors interim coach Luke Walton said the team isn't worried about the streak. "I think it just adds pressure," Walton said. "It makes other teams want to beat us that much more, to be the first team to end the streak. We have guys that embrace pressure and they seem to play better and are more sharp the more pressure and the bigger the stage."

THE ASSOCIATED PRESS

MONDAY in Utah

WARRIORS	JAZZ
106	103

Warriors' Stephen Curry goes to the basket as Utah's Raul Neto defends, Monday in Salt Lake City. RICK BOWMER/THE ASSOCIATED PRESS

BALLON D'OR

Neymar, Messi or Ronaldo

Neymar made the three-man Ballon D'Or shortlist for the first time on Monday alongside Barcelona teammate Lionel Messi and title holder Cristiano Ronaldo.

Ronaldo, 30, has won two consecutive world player of the year titles since ending Messi's four-year winning streak and is nominated despite failing to win any trophies with Real Madrid in 2015.

Neymar, though, won a treble with Messi at Barcelona, ensuring he became the first Brazilian finalist since 2007 winner Kaka.

Neymar, 23, has 41 goals across the calendar year for Barcelona — three fewer than the 28-year-old Messi — but one blot is the four-match ban from Brazil games imposed at the Copa America following a red card.

The winner is announced at a FIFA gala in Zurich on Jan. 11.

Chile's Jorge Sampaoli, Barcelona's Luis Enrique and Bayern Munich's Pep Guardiola are finalists for men's coach of the year. THE ASSOCIATED PRESS

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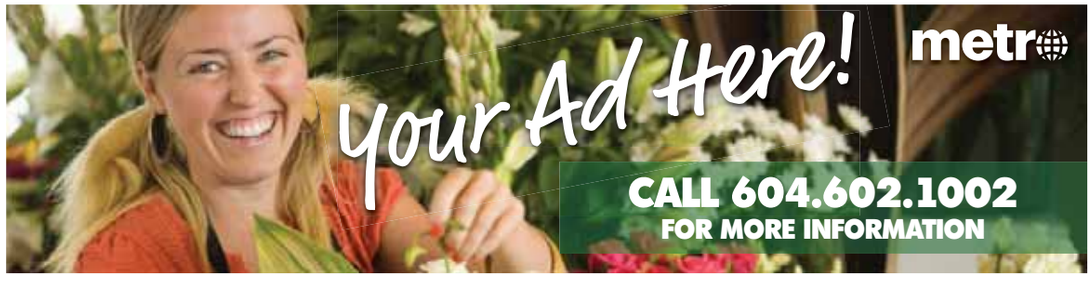

RECIPE Butternut Squash and Black Bean Quesadillas

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This is an immunity-boosting, vitamin packed recipe. But you can just tell your family that you're having quesadillas for dinner!

Ready in
Prep time: 45 minutes
Serves 4

Ingredients
- 15 cups butternut squash, peeled and cubed
- 1/2 tsp cumin
- 1/2 tsp cinnamon
- 1 tsp chili powder
- Pinch of salt and pepper
- 1 Tbsp olive oil
- 1 x 14 oz can black beans, rinsed
- 2 cups grated cheddar cheese (or Monteray Jack or Mozzarella)
- Big handful of cilantro, chopped
- 8 tortillas

Directions
1. Preheat the oven to 350 F.
2. In a large bowl, toss cubed squash with the spices and olive oil until well coated. Spread evenly on baking sheet and place in oven for 20 minutes. Remove from oven and add beans to the baking sheet. Stir together and spread evenly. Place back in the oven for another 20 minutes.
3. Drizzle oil in a skillet over medium heat. Place a tortilla down and spread 1/4 of the squash and bean mixture right to the edge of the tortilla. Sprinkle 1/2 cup of grated cheese and a bit of cilantro. Top it with another tortilla. Place a plate on top and press down firmly. Cook for about 5 minutes until the tortilla is golden and the cheese is beginning to melt. Carefully flip the quesadilla over and cook for another five minutes.
4. Repeat with the rest of your tortillas and squash. Cut the cooked quesadilla into quarters like a pizza and serve with guacamole, sour cream and salsa.

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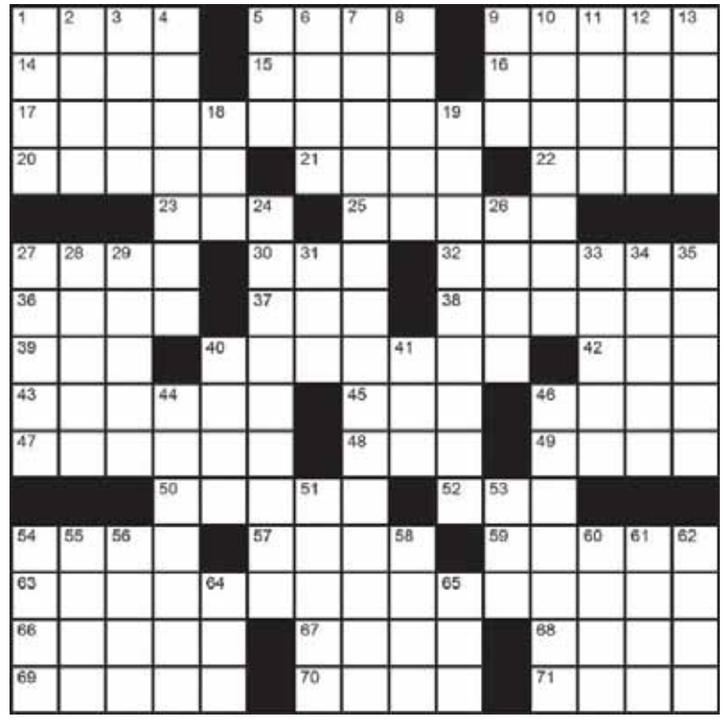
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Wizard's tool
5. Posh cars
9. Prized violin, e.g.
14. 'Acoustic Soul' artist, India.__
15. Hurt
16. Prefix to 'comedy' (Theatrical genre)
17. High-tech shoes Michael J. Fox famously wore as Marty McFly: 2 wds.
20. Lovely place to stroll
21. "Am _ __ late?" (Is there still time?)
22. Try to find
23. "__ Wednesday" (1973)
25. Jagged
27. Very dry, as per champagne
30. "Wowy!"
32. Museum tour guide
36. Soaks flax
37. "Let It Ride" gr.
38. Shred of a shredded shirt
39. Post-op locale
40. Dorothy __, "The Golden Girls" role
42. Bale of __
43. Like a scarecrow's filling
45. Kim, to Khloe
46. Sprightlinesses
47. Rather: 2 wds.
48. Gnaw
49. Formerly, in verse
50. "Luck Be _ __" by Frank Sinatra
52. Bungle
54. Long-range weapon, commonly
57. Scientific name of the Staghorn Sumac shrub which grows in southeastern Canada, _ Typhina
59. Novelist Dame Christie, cutely
63. 'Models' in sewing rooms: 2 wds.
66. 1940s jazz
67. The pair
68. "Eight Is Enough" actress Ms. O'Grady
69. Perfect places
70. Keen on
71. Book of __ (Old Testament book)

DOWN
1. Hymenopteran insect
2. Space
3. Zilches
4. Overcomes
5. Sheared-one's call
6. Gladiator's 1201
7. It's in northern Canada: 2 wds.
8. Gentleman, in Galicia
9. Toronto's 'Union', e.g.
10. Cut into threes
11. Shed implement
12. James __ (Pulitzer-winning writer)
13. Frisbee, __-shaped
18. L.A.'s 'L'
19. Refined asset: 2 wds.
24. One might have pet chickens and a large vegetable garden: 2 wds.
26. Marinate
27. Lively
28. 'Straight'-meaning prefix
29. Street sign sort
31. Prefix to 'logist' (Ear doctor)
33. Surgery aid, back in the olden days
34. Some tides
35. Affairee's appointment
40. Interestingly-named Canadian artist with the 1979 hit "Call Out My Name"
41. Ms. Vardalos
44. Joy __ (Author of 1960 lioness book Born Free)
46. Patio framework
51. United Arab Emirates capital, Abu __
53. U.K. military service
54. "__ __ happy to!"
55. Money: Deb. opposite
56. Ms. Neuwirth
58. Cobblestone
60. Small weight
61. "__ __ expert but..."
62. 'Photosynth' suffix
64. Madonna's first hubby ...his initials-sharers
65. 17th Greek letter

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You are at your most generous — you'll do anything for anyone no matter the cost. Don't worry if people try to take advantage — they'll get what they deserve in the end.

Taurus April 21 - May 21
You will come to the aid of someone who is in need of defending, but don't fall into the trap of thinking that you have to be there for them every time. Sooner or later they must learn to stand on their own two feet.

Gemini May 22 - June 21
A friend or work colleague will try to make a big deal of something that you think is of little or no importance today. Strive to see the situation from their point of view.

Cancer June 22 - July 23
Rise above petty things and focus only on positive words and deeds. If someone seeks to get ahead at your expense you must not go looking for revenge.

Leo July 24 - Aug. 23
You know what is right, you know what is just and you know what you must do. More than any other sign you have the power to follow things through to the end, so keep going.

Virgo Aug. 24 - Sept. 23
If others say nasty things about you don't say nasty things in return — there's no need. Those who know you well won't believe it and those who don't know you well will be impressed by your dignified manner.

Libra Sept. 24 - Oct. 23
You have pushed yourself hard in recent weeks and have accomplished a lot but now you need to take life at a less frenzied pace. There may be things that need doing but you don't have to do them all yourself.

Scorpio Oct. 24 - Nov. 22
You have so many opportunities to choose from. Money matters are central, so look for ways to increase your cashflow. Creative activities of all kinds will be especially rewarding.

Sagittarius Nov. 23 - Dec. 21
Stay focused and there is no limit to what you might accomplish. Today's Mercury-Uranus link will give you some amazing insights into how you can make the most of your talents.

Capricorn Dec. 22 - Jan. 20
You may look calm on the outside but your emotions are all over the place. Don't keep your feelings bottled up. The longer you keep a lid on things the bigger the inevitable explosion will be.

Aquarius Jan. 21 - Feb. 19
The more someone promises you riches and rewards for just a small investment today the more certain you can be that they are lying and hoping to get rich at your expense.

Pisces Feb. 20 - March 20
Get on the right side of employers and important people but don't make promises you may not be able to keep. Just be yourself and have faith that they will like what they see.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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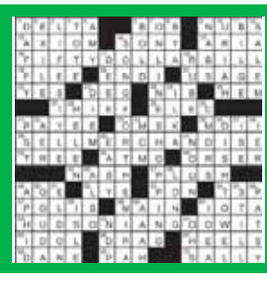

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